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W O M A N S
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O R ,

A PLAIN AND FAMILIAR TREATISE

O N A L L

COMPLAINTS AND DISEASES

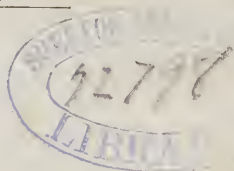
PECULIAR TO FEMALES.

— A L S O —

A FULL SYSTEM OF MIDWIFERY,
WELL ADAPTED TO THE USE OF COMMON READERS.

FOR THE LADIES THEMSELVES.

BY REV. D. L. SAUNDERS, M. D.



LITTLE ROCK:

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1858.



INTRODUCTION.

WOMAN, the subject of this Book, has, in all civilized nations, ever been the idol of the learned, the wise, and the great; the eloquence of the orator, the lyric fire of the poet, the patriotic eulogy of the statesman, and the martial gallantry of the warrior, have all conspired to delineate the merits and exalt the majesty of WOMAN. She is the mother of the great, the instructor of the wise, the nurse of the warrior, and the counsellor of Princes, Kings, and Monarchs.

Notwithstanding this burden of eulogy, woman, in reference to the subject of this Book, is a child of agony, sorrow, and abuse. Such are the complications and delicacies of her tender system, that she becomes the subject of afflictions, injuries, and incidents, which, under the best aid of skill and experience, are calamitous enough. Under the rashness, rudeness, and ignorance imposed upon her, however, her condition is one fraught with dangers, diseases, and deaths.

It is a fact worthy of remark, that the wives and daughters of distinguished gentlemen, are equipped and adorned with all the extravagance that lavished means can afford; while in the management of their person, in scenes which their sex entails upon them, the angels of such royal profusion, are submitted to the rude skill of an IGNORANT, UNTUTORED, OLD WOMAN!

Gentlemen of intelligence, will not entrust an important law suit to the skill of an inexperienced, or ignorant lawyer; yet, the partner of his earthly happiness—the angel of his love, 'midst dangers, diseases, and deaths, is strangely left to the rude management and blind ignorance of an *ignorant old woman*.

The world, in all things else, relies upon sage experience, crude to skill and profound learning. In the management of females, however, the order is strangely *reversed*—even ignorance itself, embodied in the personification of the mother of ignorance, is sought as the Goddess of their safety.

The author is not intending to cast edium upon Midwives of even common intelligence—his remarks are intended for a class sufficiently known, without further description. I hope I will be pardoned for these reflections, which are not of malice, but pure benevolence.

It possibly is not generally known to gentlemen, that rude management, ignorance and neglect, producing cold, and other evils, through which females are constrained to pass in every case of child-bed, entail upon them many of the lingering diseases and afflictions, which destroy the health, and hurry on premature old age upon wives not more than thirty years of age. Indeed, the difference between those who are properly managed at such times, and those who are unfortunately the victims of ignorance, can scarcely be estimated.

The mother is not alone the subject of such evils, but the tender off-spring, is made to pass a fiery ordeal fraught with dangers, diseases, and deaths. He who may be destined to lead armies, and subdue nations, by the heroic valor of the warrior—shake the halls of assembly, by the thunders of his eloquence, or astonish the world by the

volumes of his erudition, is made dependent for his safety in a thousand dangers, upon the guidance of ignorance itself.

From these considerations, a question arises; will the Book here tendered, by affording plain and simple instructions on all these subjects, aid in shielding and preserving woman from the evils above suggested? We will answer this, a very common interrogatory, by propounding another: Has it yet been ascertained that ignorance of any science will insure success in the practice of such science? The answer is too obvious to require its statement.

The Book under consideration, embodies the substance—all the important principles which gave success to a practice of thirty years. It is difficult for us to apprehend how a treatise, reduced to the most simple language, comprising the nature, causes, treatment, and lessons for avoidance of all afflictions peculiar to females, can fail to benefit those who read and understand it.

It is admitted, that evil, in some possible cases, may result from abuse of the instructions here given. This, however, does not warrant a rejection of the Book, in the hands of all who will read and follow its instructions. Upon the same rule of logic, we might reject, with little exception, all improvements yet made.

It is a fact well known to all common observers, that ignorance of dangers promotes rashness and daring. That individual who moves with feelings of indifference over mountains, where volcanic fires rage beneath, would move with emotions of trepidation, when informed of his danger.

The publication of this Book has been contemplated for twenty years—during which time, the Author has often maturely considered the subject, and he is well satisfied, that no one can offer objections to such publication, and yet claim to be a friend to sorrowing and suffering woman.

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PILLS.

PILLS NO. 1 AND NO. 2 ARE USED IN THIS BOOK.

No. 1, are composed of Calomel one part, Rhubarb one part, Ipecac one-eighth part—all well powdered, and mixed with water, so as to make it of the consistence of flour dough, make it into common size pills—one, two, three or four, may be taken, according to the case.

No. 2. is a pill of the same kind—the Calomel only being reduced to half the quantity used in No. 1. This is a milder pill, and not so liable to salivate.

GAMBOGE PILLS, are pills used in severe cases of bilious colic. Take of Calomel one part, powdered Gamboge two parts, mix it well, and make it into pills, common size—three, four or five, in extreme cases, may be taken for a dose.

FORCING MEDICINES.—By forcing medicines, we mean a large class of various kinds, which are used to urge on, or force the Courses, or Menstruation.

1. The GUM GUIACUM, is used in spirits. as a bitter it must not be taken in time of much fever. Take of the common Gum Guaiacum one half ounce, Seneca snake-root, half ounce Sarsaparilla—break it to pieces, and put all into a quart of spirits—of this, two or three tea-spoonfull three times a day—always keeping the bowels regular with some purgative, if necessary.

2. Take Virginia or black snake root a small quantity, half ounce; Mountain Fern about same quantity, Columbo or Gentian root, half ounce. Sarsaparilla root half ounce—boil in water, or wine, which is better, in a tin vessel to a strong tea—add sugar to sweeten it well. This is a great forcing bitter, and may be taken two or three tea-spoonfull at a dose, three times a day.

3. Take of Columbo root bruised, half ounce, Rhubarb half ounce, gum Assofetida one-fourth—put all into a quart bottle of sweet wine. This may be used as a bitter, in many cases of chronic affliction of Females—dose, about one table-spoonfull three times a day.

4. The Ergot, or Rye-spur, is probably the surest forcing medicine. It may be used to bring on the Courses in cases of cold, or to raise pains in cases of Labor. It is used in the powder about an even tea-spoonfull at a dose, repeated two or three times just before or at the time of the period; or, when you wish labor pains brought on. The medicine itself is innocent—doing no injury in any way, unless it be given to raise pains, when pains should come on.

5. Tincture of Iron, called the Muriated Tincture of Iron, used some length of time, is good to restore the health of females, who suffer deficiency of the Courses. Many other medicines of this kind are used—but, the above, are the principal, or better ones.

WHEN IT IS NECESSARY TO USE THE VAPOR BATH.—Take brick or rocks, and cause them to be well heated in the fire, take vessel of hot water, place it in a chair near the bed-side of the patient—put the bed clothes over the patient, so as to cover over the vessel containing the hot water, causing them to hang down to the floor—having this arrangement ready, give some warm teas, Bateman's drops, and the like, inwardly—then place in the vessel hot rocks or brick, so as to cause the Vapor to rise warm—at the same time elevating the cover on the patient, so as to let the steam pass freely over the body—renew the hot rocks and sweating drops from time to time, if the patient bears it well, till perspiration is raised. This remedy should not be used when fever is high. Cold water may be given the patient to cool the inward parts, while the Vapor is used.

6. Any of the astringent barks, such as bark of the sarvicee tree, white hickory, red oak, and the like, boiled into a strong tea or ooze, and then cooled—may be taken inwardly, and used as an injection to check. A powder of equal parts of Sugar of Lead, powdered Opium and Ipecac, given in small doses is very good. A dose of Morphine, a pill of Opium, or twenty or thirty drops of Laudanum. Injections to check flooding, may be made of the astringents, as stated in item 6 above. A mild solution of Sugar of Lead, &c. The Tampon, or silk handkerchief, &c.

PART 1.

MENSTRUATION, OR THE COURSES.

By Menstruation, we mean that discharge of Red Fluid from the womb, which, in the healthy female, returns monthly, and which, on this account, is called the monthly periods or courses.

This characteristic of the female constitution, is peculiar to the sex. Medical writers have indulged in speculative disquisition on the nature and necessity of this function: whether or not female organization might have been so constituted as to perform all the offices of child-bearing, without menstruation, is a question not within the limits of this work. The main question to be solved, is, do we find menstruation absolutely essential to health and child-bearing, with the organization now incident to females? To which, the answer is obvious—we do. It is not my business to enquire, what females might have been; but meekly to inform you what their natural functions are.

The female system may be aptly compared to a delicate and complicated machine. Under this figure, we will inquire what the healthy functions are, in order that we may be well prepared to understand and relieve derangements.

Menstruation is a function which, in the economy of female organization, holds an extensive influence over the whole system. Seated, as it is, in the womb; and its appendages, which hold a close sympathy with the brain and stomach, its healthful state imparts life, vigor, and vivacity; while its derangements reversing the action, bring gloom, melancholy, and disease, throughout the whole system, both body and mind. If this fact be borne

well in mind, it will often afford a key to the nature of many complaints.

The age at which the courses will appear, is varied greatly by the health, habits, and climate of different females. In the northern climes of Sweden, Denmark, and Russia, it does not appear till the age of twenty-one or two: while, in the warm and healthful climes of Italy, India and Turkey, menstruation appears even as early as the ninth or tenth years. In all climates, however, the change is invariably proceeded by appearances which indicate womanhood: the breasts enlarge, and other changes take place, which indicate the difference between a little miss and a woman.

In our own climate, fourteen is the usual age of menstruation. As before observed, however, much will depend upon the health and habits of different females. Females of vigorous and healthful habits, may undergo the change even earlier than fourteen; while those of a weakly and sickly constitution, may turn their sixteenth or seventeenth year—whenever the appearance of menstruation does take place, however, and not before, the woman is capable of child-bearing.

The quantity discharged, varies also, according to the health and habits of different females. When the discharge first appears, it is, in all instances, very small, being only sufficient to stain the linen. At each subsequent period, however, the discharge is increased, till it attains the proper quantity: which will vary from one to six ounces.

In this way, menstruation, when once began, continues from month to month, till it is interrupted by some disease, or till the woman becomes pregnant.

In reference to the natural color, and appearance of the menstrual fluid, we may remark, that although it resembles blood, yet it is not blood: as it is sometimes a matter of importance to determine whether discharges be menstrual fluid or blood. I will here give a sure test: Just let some of the fluid discharged stand in a clean white vessel a short time; and, if it be blood, it will

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clot in a cake. If it be menstrual fluid, it will not. The menstrual fluid is a peculiar secretion, having properties differing from blood, or any other secretion of the system; which nature seems to bring about as a function preparatory for child-bearing.

- **SIGNS WHICH DENOTE ITS APPEARANCE.**—Whenever a young lady of fourteen or fifteen, is taken with languor, heaviness, headache, pains in the back, accompanied more or less with fevers, she may apprehend that menstruation is about to come on. Just here is laid the foundation of good or ill health. Mothers, on account of extreme delicacy, fail to teach the daughter: while thoughtless and giddy youth, in all the vigor, and vivacity of healthful, buoyant life, romps and skips in the innocent playfulness of unrestrained childhood: dashing through heat or cold, wet or dry, little thinking she is treading the ordeal, midst burning cinders, fraught with spectres of haggard disease, protracted debility, sudden death, or lingering nervous horrors, more to be dreaded than death itself.

TREATMENT.—The first step of the treatment, is to examine the tongue and other indications, so as to ascertain the state of health. If the young lady be bilious, or her stomach foul, which may be known by the tongue, a dose of the pills, No. 1, (see table,) may be given. When these have been worked off, by the use of the pills marked No. 2, in the table, the bowels may be kept well purged every day, with any simple medicine.

In the mean time, however, any of the mild teas—called forcing teas, (see table,) ginger, balm, ferne, catnip, camomile, and the like, may be given, while the feet should be well bathed in warm water. Should these mild teas fail, after the bowels have been well purged, several times, prepare a tea of stronger forcing medicines: such as pennyroyal, Virginia snake root, seneca snake root, and the like. Care must be had, however, that too much of such heating teas be not given, so as to raise fever. Of this you can judge by the heat of the flesh, the pulse, &c.

When these remedies fail, other means to raise perspiration, such as a table-spoon-full of Bateman's drops, the vapor bath, (see table,) &c. When all these means have failed, the want of menstruation produces a disease, which I shall place in :

SECTION 1.

RETENTION OF THE COURSES.—When the proper age for menstruation has fully come, and the simple means directed have been used, and yet the discharge does not take place, we call it retention of the courses, because the courses are retained, or kept back in the system.

SYMPTOMS.—When the courses fail to come on at the proper time, a month or two may pass without any great distress, but very soon the effects are manifested. The lady may be taken with cramps of the hands and system generally; or with severe pains in the back and head, vomiting and the like; which may, possibly, moderate when the period fully passes, but will return with the next period, if relief be not obtained, with increased violence.

CAUSES.—A bilious or foul stomach, especially in southern climates, is very frequently the cause. Menstruation will rarely ever come on in a healthy way, when the health of the system is bad.

Cold is perhaps the most common cause, especially in cold and wet seasons. Cold may be taken by getting wet, stepping or standing in cold water, on cold ground, even by damp clothes, stockings, &c.—happening just before the time of the period. Any material change, by entering a damp house, a damp cellar, exposure to cold air, sudden cooling when hot, or any change of the kind. Many have taken cold by putting off a thick dress for a thin one, a pair of yarn stockings for thin ones, sitting in a current of cold air, or the like.

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TREATMENT.—*Bleeding*—If the lady has been healthy and robust, and is full of blood, bleeding will be important, especially if there be severe pain in the head or back. It will not be material whether the blood be taken from the arm or foot, so that she be bled. Bleeding will not prevent the courses from coming on, as some suppose; the courses are not blood, as you may see by reference to what I have said under menstruation. By relaxing and preparing the system, menstruation, will come on more readily.

Purgative Medicines—are next in order. The bowels should be actively and freely purged. If the complaint be mild, we may use mild means; such as salts, or salts and senna, black root, the white walnut pills, bitters of rhubarb and aloes, any of the purgative patent pills kept in the stores, &c. The best purgatives, however, are the pills No. 1 and 2, in the table. If the stomach be foul, two or three of the No. 1, may be taken, and after that the milder No. 2, may be used. The bowels, however, must be well purged, repeatedly, and regularly, by the constant use of some purgatives. No course of treatment will avail without this. In fact, some distinguished physicians rely upon this constant action on the bowels, even without the use of forcing medicines.

The pills so often referred to are convenient, and as good, perhaps, as any purgative. Other medicines, however, may be used. Bitters of rhubarb and aloes, cherry tree or poplar bark, and sarsaparilla, or Bull's or Comstock's sarsaparilla, or other purgative bitters.

A compound powder prepared of carbonate of iron, one tea-spoon-full; pulverized jalap, four tea-spoons-full; cream of tartar, four tea-spoons-full, all well mixed; of which, one tea-spoon-full, night and morning, will be of great avail.

The pills, however, if taken regularly, will succeed as well as any purgative you can possibly obtain.

In some cases an emetic will afford great relief. The main ob-

ject being a healthy state of the stomach, liver and all the system; without which no other remedies will avail.

Forcing Medicines.—When the pulse has been properly reduced by bleeding, and the system prepared by the use of emetics or purgative medicines, we may use the forcing medicines. The reason why they cannot be used before, is the sure tendency to raise fever, and affect the head.

Of these there are many. The black snake root, called Virginia snake root; the seneca snake root; mountain ferne, pennyroyal, powder of ergot, wine of ergot, and oil of savin, are the medicines commonly used. Any one or all of these in succession, according to the preparation, (see table,) may be used till relief be obtained.

While these means are in use, however, frequent frictions of the hips and loins, with a towel dipped in hot salt and water: bathing of the hips by sitting in water; sitting over vapors, and other means used to raise perspiration, are highly important. While using these stimulating medicines, however, we must at no time forget to look to the pulse, and the state of the system, lest the patient be injured by high fever. This caution is the more important, since many cases of retention and suppression of the courses, are attended with regular fevers.

When the remedies above have been used for a few days, if no relief be had, the period passes, and we may suspend their use till the approach of another period. In the mean time, however, medicines may be used regularly, in order more fully to prepare the system, for the returning period. The pills and drops so often referred to, or the jalap powders, (see table,) or steel dust, or bitters, should be constantly used, and the system brought into as good health as possible. At the approach of the period—the bleeding, if necessary; purgative medicines, &c., may be used as at first—and the forcing medicines, as above stated.

And thus may the medicines to prepare the system, and the

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means to bring on the courses, be used at the proper time, regularly, or from one period to another, till relief be obtained.

The pills, Nos. 1 and 2, and the drops, as directed in the table, taken regularly for some time, aided by the use of the forcing medicines, at the approach of the period; or any of the constitutional bitters, or powders, aided in the same manner, will seldom fail.

Should these remedies all be properly used in their places, and no relief obtained, we may suspect some disease of the liver, the spleen, or the spine, and seek the careful examination and advice of some skilful physician. Possibly the month of the womb may be closed.

As further remedies, however, injections into the womb, (see table,) frictions or washings of the skin; blisters on the loins, or spine, regular exercise in a carriage, or otherwise, change of climate, mineral springs, and the like, are important.

SECTION 2.

SUPPRESSION OF THE COURSES—COLD.—By suppression of the courses, I mean a stoppage or interruption of the discharge, after it has been once established. The difference between retention and suppression, is, that in retention, the courses have not appeared; whereas, suppression means a stoppage after the discharge has come on. And it will be called suppression, if cold be taken after one period has come on, and just before the next appears, so as to suppress or prevent its appearance.

Miss C.—, of Tennessee, at the age of fourteen, took cold by dressing in thin light garments for a wedding party—her courses had never appeared on her; and in consequence of this cold, they never did. I knew her when she was the wife of Col. B. She was then forty-five years of age; and informed me that she never had any proper appearance of menstruation. Miss C., or Mrs. B. had, what we call, retention of the courses.

Miss E.—, of this county, when her periods had been on her

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regularly, for some time, walked with some company, a distance into a cold cave, on the day before the time when her period would have come on; in consequence of which, her courses were suppressed—did not come on. Several weeks passed without any serious consequences, at which time she took the fever—menstruation never was restored, and in a short time she died.

Miss D.—, of this county, was fully grown; her courses had been regular every month for six or eight months. Her courses were on her in the summer time, the weather was warm; and she not well knowing the fearful consequences, stepped into the branch, till her feet were cooled—her courses stopped immediately—and on the same night she was taken with violent pains in the back, and lower part of the belly; great nausea, or sickness at the stomach, vomiting, fainting, coldness of the hands and feet, cramps, &c. I attended her, gave her a few drops of laudanum and peppermint mixed, to settle the stomach, then gave three of the pills, No. 1, in the table, rubbed her limbs with brandy, and the like; while at the same time, a tea-spoon-full of the wine of ergot, (see table,) was given three times a day—menstruation came on, and she recovered. Now, the two latter ladies, Miss E., and Miss D., both had what we call suppression of the courses.

SYMPTOMS.—When cold is taken, just before the period, so as to prevent its return, no serious consequences may follow for some time. When the cold is taken in time of the period, however, and the courses are stopped, the symptoms are violent and alarming, as in the case of Miss D.; severe pains in the back and lower part of the belly, sickness and vomiting, cramps in the hands and feet, and stomach, and in some instances, delirium.

TREATMENT.—In all cases of this kind, you should call an experienced physician, as soon as practicable. In order to instruct you, however, I will give you the remedies:

The first thing should be means to relieve vomiting; a plaster

of mustard, (see table,) may be placed on the pit of the stomach, or on the spine between the shoulders, and fifteen or twenty drops of the essence of peppermint, or the essence of cinnamon, with ten drops of laudanum, in a little cold water, may be given, while hot brandy, or spirits of camphor, may be rubbed on the limbs to relieve cramps. Should there be no essence of peppermint, or laudanum at hand, mint from the garden, or a little cordial, or the like, may be used.

If the system can be warmed, and the pulse raised a little, so that blood can be drawn, it will be right to bleed, and bleed freely. Purgative medicines are of first importance. If anything can be retained on the stomach, nothing will help more than effectual purging of the bowels. For this the pills, called No. 1, are decidedly the best. Other things may be used, in case they are not convenient. But nothing will be of more avail. Two or three may be given, while any of the essences, or drops, may be used to settle the stomach.

Should the pills be thrown up, however, the injection, or glyster pipe, called a syringe, may be used. A little gruel, to which may be added a table-spoon full of table salt, may be thrown up the bowels, and repeated till the bowels are purged. The pills No. 1, may now be used again, and repeated so as to operate freely and effectually on the bowels, which operation should be kept up for several days, if the courses do not appear. Some very eminent physicians rely entirely upon the use of the pills for the cure of all complaints of the courses. A dose of calomel may be used.

So soon as the bowels have been well purged, the forcing medicines may be used. Of these the ergot will be preferable—either ten or fifteen grains, by the scales, of the powder, or a tea-spoon-full of the wine of ergot. For the forcing medicines, (see table.)

In the meantime, the feet, and if practicable, the hips, should be bathed frequently in warm water; while a sweat, by the use of the vapor bath, may be a good remedy.

The use of the pills, No. 1, and the other remedies above, may be tried perseveringly for a few days. Should the patient find some ease, however, and yet the courses have not come on, the forcing medicines should be discontinued, and the bowels kept well purged, by the use of the pills No. 2, till near the time of the next period, at which time the bleeding if necessary, active purging with pills, No. 1, and teas, may all be used freely again as before, and so continued till relief be had. Care must be had that the pills do not salivate.

The use of iodine may be tried in obstinate cases. It is, however, a critical remedy, which should be used by a skilful physician.

MARRIED LADIES—are sometimes unable to distinguish this complaint, from that stoppage of the courses which happens in case of pregnancy. In other words, the lady cannot certainly know, whether she is pregnant, or has taken cold.

To determine the true condition, with certainty, we must take into consideration the age of the child nursed, the manner in which menstruation was stopped—whether suddenly, after exposure to cold, or otherwise. Also, the nature of the sickness and vomiting. If the sickness and vomiting result from cold, the affliction will continue through the day, as well as of mornings. Also, in cases of cold the pains in the lower part of the belly, will be more troublesome. In cases of cold there will be more or less of smothering, shortness of breath, cramps, coldness of the hands and feet, and the like.

In all cases of doubt, however, it will be best to use such means only, as will not injure, in case of pregnancy, and patiently wait, unless the case be alarming, till the symptoms may enable us to decide with certainty.

This affliction, in some instances, becomes settled or chronic—and our recourse must be to the constitutional health of the lady; and the use of constitutional remedies, long continued, such as good bitters, blood pills, iron drops; the constitutional course

so often mentioned, mineral springs, change of climate, and the like.

Should nervous symptoms, such as smothering, shortness of breath, cramps, and the like occur, the remedies may be found in treatment of Hysteria.

SECTION 3.

DEFICIENCY OF THE COURSES.—This term expresses fully, the nature of the complaint under consideration, to wit: That the lady has her courses, but not in sufficient quantity: "her ounces are not sufficient." Now, by reference to section one, you will see that the quantity varies from one to six ounces; consequently, the ounces discharged, cannot alone, be a sufficient guide. Hence, we should look to the symptoms, which will be the same that I have already given, in cases of retention of the courses, with but little exception. The female will become sickly, pale and swarthy; the system nervous, palpitations or flutterings of the heart, giddiness of the head, sick headache, sometimes fits or derangements of the mind, flour albus or whites, and the like.

If suffered long to continue, this complaint saps and utterly destroys the life and vigor of the system, enfeebles the constitution, and brings in the whole train of nervous diseases.

The treatment is, in all respects, the same with that of retention of the courses; to which, for brevity, I must refer you. Of course there is *retention* in this case, though not entire, or complete as in the other. Hence, the treatment is the same.

SECTION 4.

EXCESSIVE FLOW OF THE COURSES.—This long name used here expresses the very *nature*, as well as the name of the complaint now under consideration. The woman discharges too much at the period, and often has her periods within two or three, instead of four weeks.

Some writers question the reality of this complaint, affirming that the discharge, when excessive, is not menstrual fluid, but blood; and, consequently, that the complaint is properly flooding. My own observation, however, establishes beyond controversy, that such a complaint does exist. I have before observed that the courses are a peculiar secretion, just as milk is a secretion from the breasts. Now, it is a fact well known, that the milk, in some instances, is secreted in such abundance, as to destroy the strength of the woman; while in other instances, the quantity is so small, that the woman cannot nurse her own child. So do I conclude, that menstruation may either fall short, or exceed the natural quantity. And this view of the subject, is strengthened and confirmed, by long practical observation, of at least thirty years.

This complaint, if suffered to run on, soon brings on general weakness, palpitations or flutterings of the heart, sick headache, nervous tremors, hysteria, falling of the womb, or death.

The approach of the period, at which there will be too great a flow, is marked by symptoms of a peculiar kind—giddiness of the head, ringing in the ears, dull and heavy feeling, slight pains about the loins and lower part of the belly, fullness of the blood vessels, and so on.

As to the time of its appearance, it is not regular, sometimes coming on before, but oftener delaying beyond the usual time of period. In the latter instance, it not unfrequently comes on with great violence; wasting the strength of the woman in a few days. In other instances, its approach is more gradual, but the period continues longer.

Thus is the poor sufferer made a victim to menstruation. The little strength which she gains after the time of one period being soon wasted, at the return of the next: she drags out a miserable existence, more intolerable than death itself.

CAUSES.—Any thing that weakens or impairs the general health, may become a cause of this complaint, such as long continued

chill and fever; frequent miscarriages, great cold, injurious treatment in child-bearing, and the like.

TREATMENT.—Although it may seem a little contradictory, it is nevertheless true, that the treatment of the present complaint is very nearly the same as is the treatment of retention, and suppression, in the preceding sections, except the forcing means.

Bleeding from the arm, just before the period comes on, is often highly beneficial. It removes congestions from the head, and the regions of the womb, equalizes the circulation, and hence, must aid greatly, in reducing the flow, and restoring the health; cases of extreme weakness, however, would not admit of bleeding.

Purgative medicines, taken either just before the period comes on, or even at the commencement of the period, are invaluable remedies. They seem, by their peculiar action on the system, to moderate or check the discharges from the womb. For this purpose, the calomel pills, No. 1, (in the table,) are first in point of importance. They may be administered, one, two, or three, at a time, according to the necessity of the case. Care must be had, however, that these pills be worked off in course of eight or ten hours from the time they may be taken, otherwise salivation might be the result.

Other active purgatives may answer every purpose when the system is not bilious—such as salts and senna, jalap and cream of tartar, black root, walnut pills, &c.

After the stomach has been cleansed fully, medicines may be used to check the discharges. For this purpose, a table-spoon-full of Bateman's drops, repeated in an hour or two, if necessary, will be found an excellent remedy. A tea-spoon-full of paregoric, may often give relief, or if these remedies fail, twenty or thirty drops of laudanum, may be taken in a little water, or in combination with Bateman's drops, or a pill of opium, of proper size, swallowed and repeated in one or two hours, if necessary; a dose of morphine will answer the same purpose.

The most effectual medicine which we have, however, is a pill or powder, composed of two parts of sugar of lead, to one part of opium. (See pill for flooding.) This may be taken, and repeated if necessary, every hour or two, for several times.

In cases attended with pain, in time of the discharge, the camphor from your bottle, combined with laudanum, or Bateman's drops, will give great relief. It may be used, in doses of a tea-spoon-full or more, if necessary, to twenty drops of laudanum.

While these things are being used, the woman must of course, keep herself in a quiet and easy posture on her bed; not daring to rise, or stir in bed, unless she is compelled.

In some instances, the discharges increase and continue to an alarming extent; even till the strength of the woman has failed, and faintings and coldness ensue. In such cases, we use the injections, cold applications, and all the remedies used in cases of flooding, to which, I beg leave to refer you, in its proper place. (See flooding.)

Thus far I have given the remedies only, to be used just before and in time of the periods. The medicines to be used, from the time the period goes off, till the next period, are much the same with the course of treatment laid down, in retention of the courses. The constitutional pills and drops, long continued, between the times of each period, and the remedies given above, to be used in time of the period, will rarely ever fail to give relief.

The oil of savin has succeeded in some cases of great obstinacy. So also, has a mild preparation of mercurial ointment in fresh butter, as an unction to be introduced carefully into the womb, been used with success. These are critical remedies, however, which I do not advise you to use without the direction of a physician, regulating the dose of savin oil proper to be taken, and the manner in which the mercurial ointment is to be applied to the surface of the womb.

When injections into the womb are necessary, a decoction of the bark of persimmon, or red oak, may be used. The tannin of the shops is the best, however; sugar of lead is used.

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In all cases of diseases of the courses, great benefit may be derived from the use of washings and bathings. A small vessel of salt water, made hot, may serve to rub the system all over. Care being had, that the system be not chilled, especially in time of cold weather.

The health of the skin is very important, in all constitutional diseases; but is vastly important in all menstrual derangements.

SECTION 5.

IRREGULAR FLOW OF THE COURSES.—The symptoms of this complaint, are well expressed in the name itself. An irregular flow, being sometimes too small, or deficient, and again being too great, or excessive. You will perceive, by reference, that the present complaint is made up entirely of the two preceding varieties, treated of in sections 3 and 4, deficiency and excessive flow.

The complaint is not only irregular, as to the quantity of menstrual fluid; but also, in the time of its appearance; being sometimes too early for the regular period, and again too late.

The discharges in this form of complaint, are often attended with extreme pain. The fluid seems to collect in the womb, in lumps or clots, which cause severe misery when expelled. The treatment of this variety, may be found in the preceding sections 3 and 4. When the discharge is deficient, its treatment may be found under section 3. When excessive, or too great, it may be found under section 4. I, however, will mention again, that camphor, either in the powder, or dissolved in spirits, as you have it in your bottle, combined with laudanum or opium, will constitute the best remedy to relieve the distressing pains. A portion of Bateman's drops, with ten or fifteen drops of laudanum, is also an excellent remedy.

SECTION 6.

THE COURSES IN TIME OF PREGNANCY—ALSO IN TIME OF SUCKLING.
It is contended by many of our distinguished writers, that no

such complaint as the above exists. The discharge, it is affirmed, is properly flooding—or a flow of blood, instead of menstrual fluid. I have already mentioned, in another place, that this matter may be determined, by trial of coagulation, or clogging. If the fluid clog or clot, or form into lumps, on standing, it is blood.

My own experience, for many years, has taught me that such a complaint may, and does exist. Ladies of high respectability, have applied to me for advice, in such afflictions, and in a few instances, I have known the courses to continue regularly on the woman, during most of her pregnancy, and yet, a living child was born at the end of her time. The child, however, in all such cases, is remarkably small and feeble.

This complaint, when it exists, should always be regarded as a disease, and be treated accordingly. The pills and drops so often referred too, or the pills of steel dust, or any of the mild bitters, not having forcing medicines in them, may be taken without the least danger; and if continued, the pills and drops, called the constitutional course, will generally restore health. Bleeding is sometimes an excellent remedy.

The courses while suckling, sometimes give great uneasiness, on account of their variation in different females, and even in the same females, at different times.

Some females have their courses regularly on them during the time of suckling, unless interrupted by cold. While others have but little menstruation, from one time of pregnancy to the next.

In the management of her health, the lady should look to the symptoms, of retention or suppression of the courses from cold. And if her courses have usually continued on her at such times, and have been checked or stopped, and she be troubled with the pain, sickness, cramps, and the like; she may judge that she has either taken cold, or that she is pregnant. To determine this matter fully, I must refer you to the symptoms of pregnancy, and cold, in another part of this book. Cold, taken about the time the woman becomes pregnant, will be very much like a cold without pregnancy, and consequently, might cause an injury

to the woman. Always be careful, in such cases, to know the condition.

SECTION 7.

CESSATION OF THE COURSES.—By the term above, we mean to signify, “the change of life”—when the courses cease, and the woman usually breeds no more. This change of life, which in most instances, takes place about the age of forty-five, is a time of much foreboding, deep solicitude, and fearful apprehension, to females in general. Cancer of the womb, dropsies, and many imaginary diseases, haunt and perplex the mind, with incessant pain and anxiety.

Much of this indescribable wretchedness, so prevalent at such times, results from a want of proper *knowledge* of the *nature* and consequences of “the change of life.” Thus, ignorance becomes the mother of torture, and even of superstition itself. Like Bunyan’s pilgrim traveling in the land of giants, the ignorant female startles at every appearance, because, she is informed that she travels in a land where giants have been seen.

Know, then, on this important subject, that your safety lies in a due preparation of the system. As before stated, in another part of this book, let your blood be regulated by moderate bleeding, if necessary, the bowels properly moved by mild purgatives, and all cold removed by mild teas, if necessary, and the pilgrim may move on safely; nature, the great restorative power, will bring on the change, and gradually accommodate itself to all the variations.

The approach of a cessation of the courses, is marked by great irregularity of menstruation. The period sometimes coming on too early, but oftener delaying beyond the regular time; sometimes there is a deficiency in the discharge, and again the flow is excessive, or too great; and thus the symptoms vary according to the health and constitution of the female.

In the management for the health of the lady, we must look

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to the state of her system. If she be bilious, a few of the pills No. 1, should be given her; one every night till her stomach is cleansed. Being careful always, to have them well worked off, and to avoid the use of cold and sour drinks, lest salivation might be the result.

The system having been thus prepared, the pills and drops for the constitutional course, laid down under retention of the courses, may be used regularly, till relief be had. When the discharges cease, and symptoms of bad health, are manifested, we must resort to the remedies and treatment for suppression of the courses, which see. And again, when the flow is too great, the remedies may be found under excessive flow of the courses. Our sheet anchor, however, for the restoration of health, is the constitutional course, to which I have referred. By persevering in this course, the blood will be purified, the general health improved, and the courses properly regulated.

During the continuance of the constitutional course, however, the remedies referred to, to wit: teas, vapor bath, and the like, for a retention or suppression, beyond the period; and the remedies for excessive flow, when the discharges are too great, are to be properly attended to, at each returning period; while the pills, No. 2, and the drops for the constitutional course, are to be used faithfully between the periods. When the courses are too much, see remedies, under excessive flow, section 4. When not enough, see also, remedies under defective menstruation. When the lady is troubled with sick head-ache, see remedies for this complaint.

SECTION 8.

CLEANLINESS IN TIME OF THE COURSES.—I have purposely delayed my remarks on this subject, till done with all the varieties of menstruation. And here I deem it important, to give some advice on personal cleanliness. Those who have the example and instructions of a well informed mother, may not need the advice of this section. As this highly favored lot is not enjoyed by all, however, it may not be wholly useless to insert it.

Cleanliness, next to virtue, has ever been regarded as the spice of female excellency. Without it the most imposing and charming features, the most brilliant and exalted attainments, lose all their wonted magic, all their enchanting loveliness, and all their roseate sweetness. So essential is this spice, to give savory excellence to all the graces, that no qualities become a grace without it. Cleanliness has reference, not only to the person or flesh, but also to the dress, and the whole business of house-keeping—kitchens, dwellings, beds, dresses, &c.

That which I wish to impress upon the mind with due weight, however, is personal cleanliness. Bathing often in milk warm water, so as to prevent disease from menstruation. The bathing may be performed by sitting in a small vessel of warm water, and washing—at least every evening, during the time of the period. Be careful, however, that the water is not cold.

I cannot too pressingly urge the importance of this excellent preventive of disease, and restorative of health and sweetness. In complaints of the womb, or of the birth place, it will be found highly beneficial. In some instances, an ooze of dog-wood bark will be best; but generally speaking, the warm water, either with or without soap, will be all sufficient.

It might offend the modesty of some, were I to mention the importance of cleanliness on every part of the body—the arms, the limbs, the neck, the ears, and especially the teeth, should ever be well cleansed. The flesh thus washed and cleansed, needs no perfume to impart spicery. The teeth being thus cleansed, adds sweetness to the breath, without the odor of roses, or the spice of cinnamon. Be assured that a want of cleanliness in the person of the wife, may disgust even the husband himself. A want of cleanliness in the young lady, is loathsome even in the eyes of her admirers. Excuse me for this lesson, and I will be more cautious hereafter.

PART 2.

COMPLAINTS CAUSED BY DISEASED MENSTRUATION.

SECTION 1.

HYSTERIA.—By the term hysteria, medical writers of the present day, include the whole train of nervous affections, peculiar to females, during the age in which they are incident to menstruation. There appears to be a nervous sympathy of a peculiar kind, incident to the female economy, during the age in which menstruation is performed. This nervous sympathy, vibrating from organ to organ, brings the whole system under its special influence. Consequently, the form and number of nervous afflictions, to which females are subject, during the age in which menstruation is performed, are absolutely endless in their varieties. By way of convenience, however, we may divide the whole into three varieties:

1. Chronic, or habitual hysteria.
2. Spasmodic, or convulsive hysteria.
3. Hysterical stupor, or insensibility.

First, then, chronic or habitual hysteria, is that form of nervous disease, usually termed hysterics. It generally occurs in females of weakly and irritable constitution and temperament.

Such are usually called nervous. They are ever complaining

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of some misery or distress in the system. Their temper, also, is variable, sometimes talkative and cheerful, and again, gloomy, fretful and peevish; often changing from crying to laughing, and again from laughing to crying; often troubled with unpleasant sensations, either in the head, or in the region of the womb; a feeling of fulness, or choking in the throat; peculiar numbness in the limbs, or feeling as if insects were creeping on the top of the head; a violent pain in some small spot on the head, or some other part of the body, and the like. In this form of hysteria, we seldom meet with that cramp, and spasmodic convulsion, which we usually see in other forms of the same complaint.

2. A second variety of Hysteria, consists in violent, or more sudden fits or paroxysms of cramping in the hands and feet, hoarse, sonorous breathing, great and restless anxiety, and the like. Sometimes the paroxysms consist in violent fits or convulsions of laughing, suddenly turned into crying—and screaming and other alternations of nervous influence, such as slight derangement of the mind, violent talking or singing; suffocative spasms of the throat, wild and furious look of the countenance, gnashing of the teeth, pulling the hair, and raving fits of convulsion.

Again, there may be spasmodic fits, in which the lady is thrown into writhings and crampings; the fists clenched, and every symptom of violent, spasmodic convulsion.

3. A third variety of hysteria, is marked by stupor or insensibility. The patient, either with or without cramps, falls suddenly into a state of entire stupor—in some instances, lying on her back, with her limbs extended, her eyes shut, jaws firmly locked, while her breathing is often by long and deep inhalings. In other instances her hands are shut by cramp, and bent in upon her breast, while the neck and stomach are more or less cramped.

In these cases, the patient lies with her eyes closed, as if in a deep sleep, and when the paroxysm passes off, she suddenly opens her eyes, and rises as if from a sleep.

CAUSES.—As stated in the classification of these complaints, I believe they are, in nearly every instance, caused by some bad health of the womb, or its functions. In this, I speak more from observation, than theory. Some important discoveries have been recently made, in relation to the influence of diseases of the spine.

It is affirmed by able writers, that certain affections of the spine, produce many cases of hysteria. Even in these cases, however, disease of the spine is only a remote cause, while some bad health of the womb, or its functions, is the proximate cause. In other words, the disease of the spine, causes the complaint, or disease in menstruation, and this last, causes hysteria. For our present practical purpose, therefore, it may be considered that some bad health in the courses, is, in nearly all instances, the cause of hysteria. It will be highly important, however, in all cases of this truly distressing complaint, which in any way prove obstinate, to look well to the spine. For which purpose, careful examinations with the pressure of the fingers may be made, from the neck to the loins.

TREATMENT.—In the treatment of hysteria, it will be more convenient to give first, the management necessary in time of the paroxysm: secondly, that which may be necessary for a permanent cure.

In the first variety, called chronic or habitual hysteria, the paroxysms are not alarming, but usually make their approach gradually. Equal parts of the tincture of assafetida, and of the essence of peppermint, taken in a little water, will generally give relief; or a warm ginger dram, will often prove highly beneficial. Any warm teas may be used to give relief, in time of the paroxysm; but the main remedy to be relied upon for a permanent cure, is the constitutional course, laid down under the head of suppression. The pills and drops, to wit: the iron drops and the pills marked No. 2, continued faithfully and carefully, will rarely

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ever fail to give relief. The blood will be purified, the constitution strengthened, and thus the cure completed.

In the treatment of the second variety, where the fits or paroxysms are more sudden, and also, more severe, the treatment is likewise different. If the lady be taken just after a hearty meal, which is sometimes the case, a gentle puke of ipecac, will be highly important.

If any thing can be swallowed, a mixture of equal portions of the tincture of assafetida, the essence of peppermint, and of laudanum, of which, when thus mixed, a small tea-spoon-ful may be taken at a time. Should these remedies not be at hand, a hot ginger dram, a dose of pepper, a tea-spoon-ful of the spirits of camphor, or a tea-spoon-ful of paregoric, may either of them, be used to procure relief from the spasms. Hartshorn, either the spirits or the salts, applied to the nostrils, and a few drops taken inwardly in water, will be a good remedy.

Should the paroxysm be so severe that nothing can be swallowed, however, plasters of mustard, may be applied to the wrists, ankles, and stomach, if necessary; while applications of hot brandy, or camphor, or spirits of any kind, may be made to the hands and feet and stomach.

Any thing stimulating, or warming in its nature, taken inwardly, to rouse the system generally, will often prove beneficial. If at hand, however, equal parts of the tincture of assafetida, and spirits of hartshorn mixed, will prove as effectual in giving relief as any thing else. Of this mixture, a half tea-spoon-ful or more, if the case be urgent, may be taken at a time, in a little water, and repeated if necessary.

In all cases which prove obstinate, or fail to yield when the remedies above have been used, it will be highly important to apply a long strip of mustard plaster, to the whole length of the spine, from the neck down. One precaution is of great importance, to wit: that ladies subject to hysteria, in any of its varieties, provide and keep at hand, a vial of drops, and other remedies above recommended, that they may be provided for relief,

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when a paroxysm or spell comes on. This little prudence might prevent great confusion and distress.

The treatment above recommended, for the second variety, as laid down, will serve, also, for the third, or that of stupor, insensibility, and so on.

We next notice the remedies, or treatment necessary, after the spell or paroxysm is over. And for this, I confidently refer you to the constitutional course, laid down under retention and suppression of the courses, and so often referred to. From long experience, I believe this to be the best and most successful, if perseveringly and faithfully used.

In cases in which there is derangement of mind, and the like, bleeding will generally be necessary. The main consideration, however, is to put the system, generally, in a healthy condition. Whatever organ, whether it be the liver, spleen, or other part of the system, which may be out of order, the appropriate remedies, must be used for its relief, and then the constitutional course above. Or, in many instances, the constitutional course alone, will bring all the functions of the system, to their proper and healthful action.

Some females, from long continued bad health in their courses, become the subjects of lingering and distressing varieties of hysteria, which prey upon the whole system, weaken the constitution, and affect the nerves generally, till the whole system is deranged, and all is weakness and complaint.

Others become confirmed in the paroxysms or fits, as above described, and are subject to them more or less at every period.

In all such cases, I repeat, and urge it upon your consideration, you may obtain great relief, if not a complete cure, by the long continued use of the pills and drops. Some ladies have used them regularly, six, and even twelve months, and found relief thereby.

Purgatives of any kind, long and faithfully used, may afford great relief. Wonders may be performed, simply by taking some gentle purgative regularly, for a long time. It is this, and this

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only, that gives reputation to many patent pills, bitters, &c. In all complaints of the courses, complaints in time of pregnancy, and other afflictions, you will find astonishing relief. I, however, confidently believe, that the pills No. 2, either with or without the drops, will generally succeed better, than any thing else used as a purgative.

Without the hazard of incurring imputations of vain boasting, I may be permitted to remark, what hundreds in several adjoining counties, will endorse—that numbers of afflicted females are placed under my care, many even from a distance—and cured in a short time; possibly, with the same remedies, which have failed in the hands of experienced physicians. This, I think, is, in part, the result of that cheerfulness and confidence, which I endeavor to inspire.

It has become proverbial every where, that SAUNDERS cures the women, and this, of itself, adds not a little to the certainty of my success.

SECTION 2.

UNION OF SEVERAL COMPLAINTS.—On account of a peculiar organization of the female economy, a lady may be the subject of several complaints, at one and the same time.

In the course of my business professionally, I have attended some, whose ghastly, emaciated and sickly frames, exhibited signs and symptoms of almost every complaint, to which they are incident. And yet, upon strict enquiry, I could find no symptoms, sufficiently distinct, to entitle them to the name of a separate disease.

In this state of things, the bewildered sufferer, is ever in pursuit of remedies for the complex symptoms; while the symptoms being part and parcel of different complaints, can never be relieved by remedies addressed only to a few symptoms. In like manner, different observers give her complaint different

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names, according to the prevalence of different symptoms, which they have observed.

In this state of doubt and confusion, the unhappy sufferer resembles the protean bird of Esop's fables. This bird, which was seen in the forrest by many, was by some said to be white, by others it was called black, while many judges still, pronounced it red. A committee of birds being called, and the monster examined, they reported, that she was neither a white, a black, nor a red bird, but in fact, was some of each or all—a *speckled bird*. By this illustration, you may fully perceive what I mean by the title above.

TREATMENT.—In the management of this state of affliction, remedies must be used according to the several indications. If smothering and shortness of breath, the ether drops (see table), or hartshorn, or even mint drops, may be used, as often as occasion may demand. If pains in the side or hips, be present, the hartshorn liniment, (see table,) may be freely used, till relief be had.

If derangements of the liver exist, the pills No. 1, or what is called the blue pill, may be used, so as not to induce salivation; of which there will be no danger if a dose be taken and worked off carefully; or one or two pills be taken every other night.

If any bad health of the courses exist—learn its nature, and find the remedies, as prescribed in each case.

If falling of the womb, sick headache, or whites, see the remedies for these complaints, respectively, and use them as therein directed.

By thus attending to the symptoms as indicated, some temporary relief may be obtained. Great caution must be used, however, that remedies be not used in confusion—remedies used for one complaint, may, if caution be not observed, militate seriously against some other. To be better understood: suppose the lady is troubled with severe pain in the head, and with smothering at

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the same time—the ether drops used for smothering, might, by stimulation, increase the pain in the head.

A good natured old gentleman, of our county, who took upon himself the practice of medicine, prepared several patients for my hands, by using some sweating teas, for breast complaint, or pneumonia, in females, who were six or seven months gone in a family way. When using the teas for the breast, he good naturedly forgot some other effects of the remedies, and thus, ignorantly, caused abortion, or miscarriage. Let these hints suffice, to guard you against dangers of the same kind.

After all, however, our sheet anchor, is found in the constitutional remedies. Look to the health of the stomach, the liver, the womb, the courses, the skin, and the entire system, and let remedies be used accordingly.

As I have before remarked, confidence and perseverance in the use of remedies, will work wonders.

Some years since, a very worthy and intelligent gentleman, residing near Van Buren, after being baffled in restoring female health to some of his daughters, resolved to seek relief at my hands; the attending physician, a worthy and learned gentleman, upon receiving intelligence of the speedy cure, declared it was their *faith* in SAUNDERS, and not his professional skill, that cured them. The lady retorted upon him, “it mattered not, whether by faith or works, so the cure was performed.”

Thus, as may be perceived, as much skill and ability will be requisite to inspire confidence in the faithful and persevering use of remedies, as may be found requisite for their preparation and adaptation.

The constitutional course, so often referred to—the pills, or powders, or bitters, as best suited; and the drops, with the remedies above prescribed, for the various symptoms, if persevered in, will work wonders. Perhaps, no remedy will avail more than the use of the warm salt water, often applied with a suitable cloth; used with care, however, in time of cold weather, lest the patient be chilled, and thus take cold.

SECTION 3.

WHITES.—This complaint, in its ordinary form, is not troublesome. It frequently comes on, either just before, or after the period of menstruation, lasts a few days, and then disappears, possibly till the time of the next period. It also, may happen, eight or ten days after child-birth, when the proper discharges from the womb have been interrupted.

The mild appearance of the disease, however, soon changes when neglected. By rapid progress, it changes from the first to the second; and from the second to a third form of the complaint. In this latter stage, it is often a serious and troublesome disease. That you may fully understand the symptoms, which mark the several stages, and their progressive movement, from one to the other, I will give the symptoms in their usual order.

1. The first stage is mild—the discharge being thin, unirritating mucus, resembling thin starch. In a short time, however, if there be no relief, the first passes to the second stage.

2. In this, the discharge is yellowish, and more acrid, or scalding to the parts; the fever in the region of the womb is, also, increased, while all the symptoms are aggravated.

If the second stage be continued, it soon ushers in the symptoms of the third.

3. In which the matter discharged, is changed to a thick, yellowish, or greenish color, nearly resembling pus, or the matter from a sore. It is much more acrid, or scalding to the parts, and is often mingled with lumps. The constitution, also, shows signs of a feeble, nervous state of bad health; the countenance becomes pale, sickly, and sallow. The lady suffers palpitations of the heart, shortness of breath, great loss of appetite, general weakness, and in many instances, hysteria, with all the train of nervous afflictions.

CAUSES.—Bad health of the courses, is the principal cause of

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whites. As I have before observed, it may follow every variety of disordered menstruation, when whites come on, soon after delivery. It may be caused by cold, excessive hard labor, severe after pains, injuries of the womb, or the like. Falling of the womb, is sometimes a cause of whites; while, though it may seem strange, whites long continued by other causes, may produce a falling of the womb, frequent miscarriage, common cold, constitutional weakness, and the like, may give rise to this troublesome complaint.

TREATMENT.—As this disease is not only produced, but in many instances, still kept up by some existing bad health of the courses, it will be important in all cases, to ascertain, as nearly as possible, the true cause which gave rise to it, since it will be entirely fruitless to attempt the cure of the complaint, while perhaps, the cause, which gave rise to it, still exists to keep it up. If bad health of the courses, be the true cause, we must look into the catalogue of these complaints, and find the remedies proper for it, while at the same time we may use the means to cure whites.

In the first, or simple form of this complaint, but little will be necessary—some cooling purgative—such as epsom salts, seidlitz powders, or the like, with a mild wash prepared of oak bark, persimmon bark, or solution of the sugar of lead, or the like, will generally be sufficient. The wash, however, is very important. I have already spoken of cleanliness, in general, but I again repeat at this place, that repeated washings of the birth-place, by the use of some milk warm wash, will be a great preservative of health, in this complaint. By cleansing the parts properly, all local causes are removed, and in many instances, the complaint will be cured.

Should the complaint still progress, however, from the first to the second stage, in which the symptoms are more aggravated, our remedies must be changed accordingly, and be applied more vigorously.

A powder of alum and salt of nitre, called salt-petre, may be

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prepared by pounding them fine and mixing equal parts. Of this, one-fourth of a small tea-spoon-ful, may be taken, in a little water, three times a day, while a wash prepared by dissolving a tea-spoon-ful of the same powder in a quart of water, may be used, three or four times a day, as an injection.

If these means afford no relief, a few of the pills, No. 1, in the table, may be used, to free the system of bile, and the following drops taken—take a small bottle, or a large vial, and fill it with equal parts of balsam copavia, spirits of nitre, and spirits of turpentine. Of this mixture, well shaken together, a tea-spoon-ful, may be taken three times a day, in a little loaf sugar, or in any convenient way. These drops, and the wash above described, which should be used with a syringe if necessary, continued faithfully, will very rarely fail to give relief. Also, tincture of flies may be used. (See table.)

Should the constitution be weakly, however, the pills and drops, called the constitutional course, must be used to purify the blood, and strengthen the system, generally, especially in the third stage.

In some extreme cases of long standing, I have used a mild unction of mercurial ointment, greatly mollified, by mixing it with good hogs lard, and anointing the birth-place inwardly with the unction. This remedy, however, should not be used, unless it be under the management of an experienced hand.

As before remarked, the complaint is generally kept up by some bad health of the courses. When this is the case, the remedies for that complaint, whatever it may be, must be used, till relief be had, while the remedies for whites may be used as above.

When the complaint becomes chronic, that is, has been of long duration, the bitters, (see table,) or the pills, No. 2, with the drops continued for many months, will purify the blood, strengthen the system, and remove the disease.

In such case, also, a wash of white oak bark and alum, (see table,) or a wash made of white vitriol, (see table,) dissolved in

water, may be used with great advantage. Also, sitting in ooze of white oak bark.

In all diseases of the system, but more especially in this, great benefit may be derived, from frequent washings of the system, with a coarse cloth, and warm salt water. The health of the skin is very important in this disease. Even the cold bath has been used with effect.

SECTION 4.

SICK HEAD-ACHE.—This complaint, though not dangerous, is, nevertheless, often distressing in the extreme. It is generally caused by some bad health of the courses. In cases where the discharge is not enough, or what we call “deficiency of the courses,” it usually happens at every period. This, however, is not the only cause; long exposure to the heat of the sun, certain injuries of the brain, disease of the spine, or of the ganglionic plexus of nerves, or the like, may produce sick head-ache.

TREATMENT.—The treatment of this complaint, may be divided into two parts. First, that which is necessary in time of the paroxysm or spell; and secondly, that which is necessary for a permanent cure.

Bleeding, in some cases, will be an excellent remedy for present relief. If the lady be full of blood, or in other words, if she be not too weakly in her system, bleeding from the arm will be highly important.

A puke in some instances, of a mild nature, will give great relief. Purgative medicines, also, to clear the stomach, and remove bilious matter, will be of much avail. For this purpose, one or two of the pills, marked No. 1, will be well suited. A warm tea of camomile flowers, tansey bitters, or even warm water, drank freely till vomiting is excited, will often give relief. A plaster of mustard, applied to the back of the neck; or along the spine from the neck down, will, in some instances, give relief.

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When some of the means have been used, and no relief obtained, some sedatives to settle the stomach—such as peppermint and laudanum, a pill of opium, or a dose of morphine, should be used to settle the stomach.

For the permanent cure after the paroxysm or spell has been relieved, some suitable remedies must be selected and continued for some months.

A bottle of bitters, prepared of suitable medicines, in spirits or wine—take of rhubarb half an ounce, Columbo root half an ounce, assafedita a small quantity, all bruised, and put into a pint of spirits or wine—to be used two or three times a day.

Again, I have known the common lobelia, prepared in spirits or wine, with a little rhubarb, taken regularly, to afford full relief. A bitter of the common bone-set, or poplar bark, or cherry tree and Sarsaparilla, or Bull's Compound Extract of Sarsaparilla, used sometime, will seldom fail to give relief.

The constitutional course, however, so often referred to, the pills and iron drops, long continued, will be found a valuable remedy.

When these means have been used without success, we may be assured that some chronic disease of the courses, or of the spine, or Ganglionic plexus of nerves exists, and procure the attendance of some skilful physician. Chronic diseases of this kind may be cured, or greatly benefitted by mineral springs, change of climate, and the like.

SECTION 5.

DISEASES OF THE MIND.—In accordance with the design expressed in the outset of this work, I shall notice only such diseases of the mind as are peculiar to females; and, consequently, such as originate from some disease of the womb, or some derangement of its functions.

Of this class of diseases, there are many varieties; since, however, they all originate from the same common causes, and con-

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sequently are treated much in the same way, it would be wholly unnecessary to trace them out here.

SYMPTOMS—The symptoms of the many varieties of this disease, are exceedingly various. In some instances, there is a total derangement of all the faculties of the mind; while, in other cases, the derangement is only partial—the lady knowing all acquaintances as usual, but yet evincing derangement of the judgment; or, possibly, derangement on a particular subject.

Girls, previously of good moral character, have been known even to curse and swear while under such derangement.

In some cases, the health and motion of the body are apparently good; while, in other instances, the patient is entirely motionless. In whatever position she may happen to be, when taken, in that position she remains till moved—not even moving her limbs from any posture, in which they may be placed; and, although it might appear strange, yet, it is true, that the pulse and breathing are often as natural and regular as if the patient was in good health.

In other varieties, the patient is entirely stupid—all the powers of the mind being entirely torpid or inactive, so that she knows nothing for hours.

TREATMENT.—It has been before mentioned, that disordered menstruation is the true cause of the complaints here treated of. The first step in the treatment will consequently be, to find out the particular complaint of the courses which exists, and then look for its treatment under the proper head. A different arrangement will be necessary, however, in time of the paroxysm.

First. If the lady appear to be full of blood, or her pulse be strong, or if she be stout and vigorous, she should be bled from the arm.

Medicines, to cleanse the stomach, should also be used; either pukers or purgative medicines may be taken. A few of the pills marked No. 1, in the table, will answer well.

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Blisters or plasters of mustard on the ancles, will often give great relief. In some instances, it may be necessary, also, to apply them to the wrists and to the back of the neck. Cold water, poured on the head, will often give immediate relief.

For the permanent cure of this complaint, however, we rely entirely upon the cure of that bad health of the courses, which gives rise to it. The constitutional course, long continued, with the remedies recommended in time of the paroxysm, generally succeeds. In all cases, however, great benefit may be derived from cheerful and healthful exercise, change of climate, proper diet, &c.

In this complaint, also, the purgative pills and drops, called the constitutional course, if continued faithfully for some length of time, will have a wonderful effect. I again caution you, however, against salivation.

In some instances bathing, washing the system with warm salt water, or even bathing in cold water, when the lady is not in a condition to be injured by it, will afford great relief.

For the treatment of such cases, however, it will be better to call an experienced physician.

SECTION 6.

BARRENNESS.—Although barrenness itself, is not properly a disease; yet, it is, in most instances, the consequence of disease. Some malformation of the organs may be a cause, in some instances. In general, however, barrenness is caused by some disease of the womb, or some of its appendages, or by some derangement of the courses.

It seems that nature, or rather nature's God, designed the woman to become the mother of children. Hence, it is in accordance with the great plan and purposes of her creation. The fiat, "multiply and replenish," can be fulfilled in no other way; consequently, although barrenness, in itself, is not a crime, yet she, who wantonly, brings barrenness on herself, does, in reality, exercise a malice against the perpetuation of man on the earth, and commit suicide on herself, by murdering her constitution.

Although the command is not absolute on the female to bear children; yet, if she wantonly and maliciously use means to induce barrenness, (without some sufficient reason for so doing) she, in that act, becomes a transgressor, and perpetrates a deed of great enormity.

In honor of the patriotic daughters of America, however, we may say, that the instances of this barbarous enormity are few and rare.

I have before me, in one of the medical journals, a well authenticated account of a noble spirited female, who was compelled to undergo the Caesarian operation, for the removal of her first, and also her second child—and yet, such was the magnanimity of her Spartan, spirit, that she sought no means to induce barrenness.

CURE.—For the cure of barrenness, we should first learn the true cause. If it proceed from bad health of the courses, we should ascertain the nature of the complaint, and then find its treatment under the proper head.

In general, a long continued use of the constitutional course, so often referred to, will purify the blood, strengthen the constitution, and so far improve the general health, as to remove all complaints, and thus cure barrenness.

In some few instances, a constitutional weakness has existed too long to be removed by the use of such means. In these cases, relief may be had by change of climate, the use of mineral springs, and the like. Bull's Saraparilla long used, after the use of cleansing medicines, often relieves. Other remedies have been used with success, in cases even of long standing. A voyage at sea, a long journey on horseback, or in a carriage—injections into the womb, of mild preparations of hartshorn, and the like.

If any known disease exist, of course such disease must, by the use of proper remedies, be cured. Some instances have occurred in which barrenness has been cured by the incidental use of strong medicines—emetics, or drastic purgatives.

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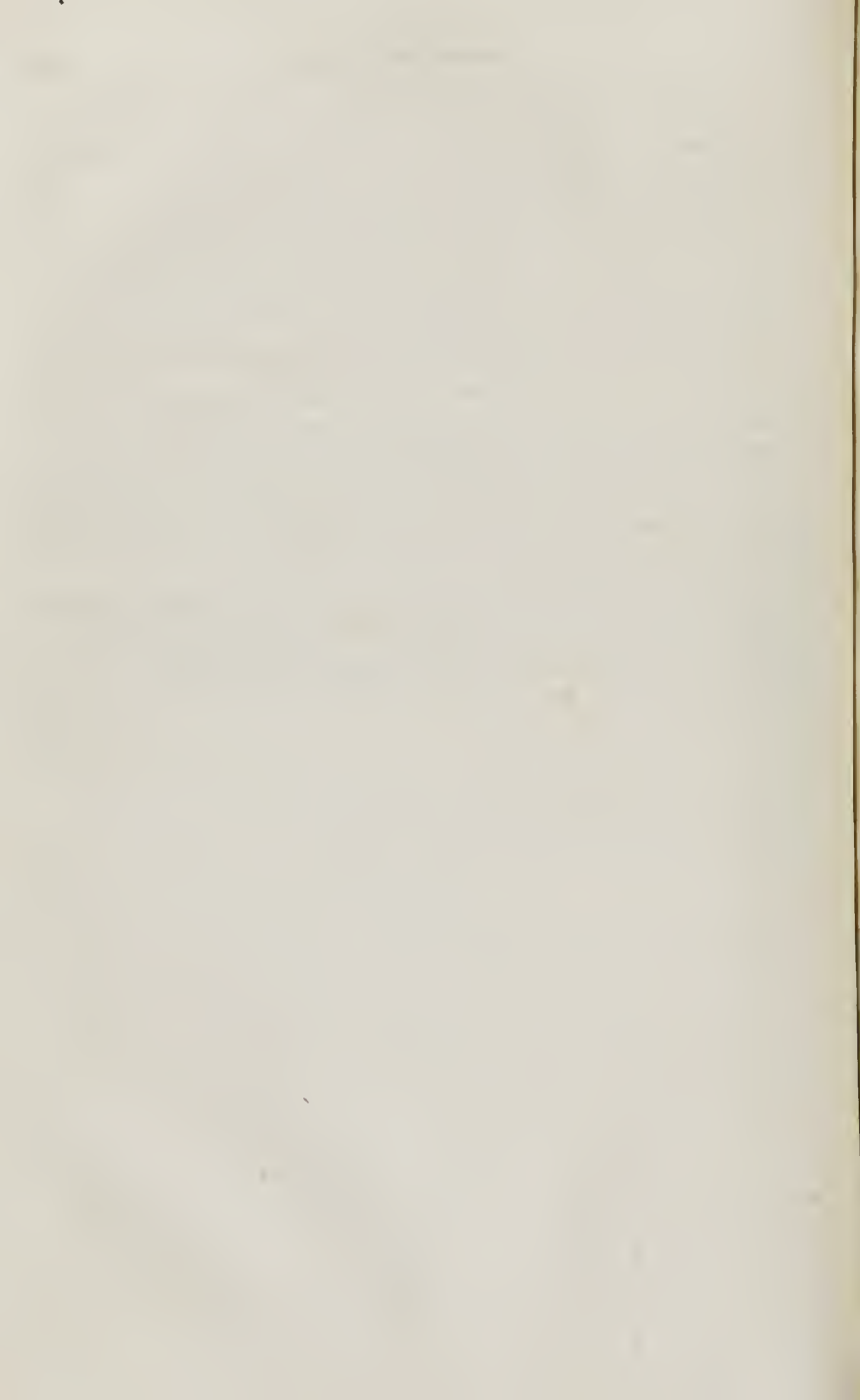
Barrenness has also been cured, by the continued use of the cold bath—omitted, however, at the times of the periods.

The mouth of the womb, in some instances, closes up entirely, so as to prevent the discharge of the courses : and, consequently, induce barrenness. This may be removed by the use of a large probe, in the hands of a skilful physician.

Much has been said in the way of quackery and imposition, of remedies to cause barrenness. After a careful examination of all proposed, I am satisfied, nothing known will succeed without destroying the health of the female.

I have before me several little books, published in New York, proposing powders, and other remedies, which I consider mere humbug and imposition.

A wise providence has designed the female economy to bear children, and any means used, so far in perversion of that design, will seldom fail to be attended by serious consequences.



PART 3.

PREGNANCY.

Soon after sexual intercourse, if conception take place, pregnancy begins, by a gradual enlargement of one, or if twins, two or more, as the case may be, of the little eggs, in what is called the ovary or pride. This little egg gradually enlarges, till it bursts or breaks the thin skin or membrane which covers it. The little egg, before it is impregnated, is about the size of a common buckshot.^s From this small germ, begins the man, who subsequently rises to the majesty, pride and independence of the statesman, or the monarch.

The egg, however, as above stated, when impregnated, passes from the ovary into the mouth of the little tube or duct, which leads from the ovary to the womb: through this tube it passes very soon down into the womb. Around this ovum a thin coat or membrane begins immediately to be formed, and thus grows up in shape of a reticule, lining the whole inside of the womb. This is the membrane, or thin coat which entirely covers the child and the after-birth in the womb, and which breaks and lets the waters, contained in it, escape, a short time before the child is born.

To form some idea of the whole arrangement, you may compare the womb to the shell of an egg—the sack or membrane containing the waters, may be represented by the thin pellicle or skin, which lines the inside of the shell, and the contents of the egg inside, may represent the waters and the ovum or little egg, even till it grows up to the time of labor. Now, if you have

ever noticed the manner in which the little chick begins in the egg, from a small point, and gradually progresses till it is fully formed, and then still increasing till the time when it begins to break from the shell, and thus to be hatched into the world, you may, from the resemblance, form some idea how it is, that the infant begins from the ovum as a germ, gradually increases in size, while the womb also, still enlarging, gives room for the growth of the foetus, till at length attaining to the proper age and size, the membrane is broke, and the child is born into the world.

Inside of the womb, when pregnant, we may observe, we have: *First.* The large membrane, enclosing all inside of the womb, like the skin inside of the egg-shell. *Second.* The waters which fill the whole sack or membrane. *Third.* The germ or foetus, and the after-birth inside of the sack.

Now you should observe, that the after-birth, which begins to grow and to be formed at the time when the infant first begins, though inside of the membrane, nevertheless, grows to the membrane, and the membrane to the inside of the womb, like the skin to the inside of the egg-shell; and thus through the navel string or cord, which passes from the after-birth to the child, the blood circulates from the mother to the child, and thus the child grows up in the womb, by the circulation of the mother's blood. Thus it is, that it lives and grows in the womb, without eating, drinking, or even breathing.

At the birth of the child, when the labor is natural and right, the afterbirth soon leaves the womb, and comes away without difficulty. The navel string is then tied, and then it is that the infant must begin to live by breathing, and by the circulation of its own blood.

It may be well to observe here, that the navel string is made up of large blood vessels, through which all the blood of the child circulates, while it is in the womb; consequently, great care must be taken that this cord be well tied, otherwise, the child would bleed to death in a very short time.

PREGNANCY.

Again, it may be well to remark, that the after-birth is, in all cases, grown to the womb, and when you attempt to remove it, if it be not separated, a short time may be allowed for it to separate.

It may not be amiss, to caution you, also, against any violence in pulling at the cord, seeing that it is vitally connected with the womb, and might, consequently, be attended with serious injury.

But, to return to the subject: About eight or ten days from the time when conception takes place, you can begin to distinguish the formation of the child: *First*. The head and trunk, and then the other parts of the body. So soon, however, as the formation of the child begins, the after-birth also begins to be formed, and a little streak leading from it to the child, destined to become the naval string.

About three or four weeks from the time of conception, the formation of the child may be seen more distinctly. It will, however, be from four to six weeks before all the parts are formed—at which time the child is not larger than a mouse—at three months, it is about a span long—at four months, the woman begins to enlarge considerably, and to show that she is pregnant; at which time, usually, she may feel the motions of the child, which we call quickening.

SECTION 1.

SIGNS OF PREGNANCY.—It is sometimes a matter of great concern, with females, to know CERTAINLY whether they be pregnant or not. Such is the nature of pregnancy, however, and such is its resemblance to many complaints, that it is, in many instances, IMPOSSIBLE to determine, with absolute certainty—by a careful consideration of all the symptoms, however, we may generally ascertain, with sufficient certainty, and we begin with, *First*:

STOPPAGE OF THE COURSES.—When the married lady (or others

who have placed themselves in similar circumstances,) perceives that menstruation, which hitherto has been regular, fails to come on at the period, she is apprehensive that pregnancy, or conception, has taken place. A stoppage of the courses, however, may happen from cold, or in one case out of a thousand, from false conception. Now, to determine with certainty whether the condition be cold or pregnancy, you should turn to "SUPPRESSION, OR STOPPAGE OF THE COURSES," and again view all the symptoms of pregnancy, and carefully consider the age of the child now on the breast, the causes which may have produced a cold, the nature of the sickness, &c.

2. Sickness and vomiting, is usually the next sign of pregnancy. This may also come from a stoppage or suppression of the courses from cold. By a careful consideration of the nature of the sickness, however, you may, generally, and possibly, in all instances, perceive a difference between sickness from cold, and that which is caused by conception. In pregnancy, the sickness usually comes on upon rising from bed in the morning, while in cases of cold it is perhaps constant through the day, or may come on at any time. The sickness from pregnancy, is moreover, of a peculiar mawkish nature, somewhat different from that in cases of cold.

3. SPITTING.—A peculiar kind of spitting, better known by observation than by description, has long been regarded as a certain sign of pregnancy. As I have before observed, a close sympathy exists between the womb and the stomach. When conception takes place, an action for the formation of the foetus, is immediately commenced in the womb. This action in the womb, by means of sympathy with the stomach, produces the peculiar nausea, or squamish sickness, and the spitting of the white frothy spittle, here spoken of. This spitting is almost a sure sign of pregnancy.

4. LONGING.—A whimsical sort of appetite, by which the lady craves or desires articles of food, which she happens to see or hear of, called longing, because she hoans or longs for the article thus desired.

This is, when present, a sure sign of pregnancy. It is not alike in all instances, however. In some cases, there is a craving, yearning desire for some article of food, either seen or heard of, which continues for some time, unless the article be obtained, while in other instances, the sensation is very slight.

There are some peculiarities about this longing: *First.* It is different from simple appetite for an article. It is an insatiable *craving*, which cannot be satisfied with any thing else, save that which is craved. It may, perchance, be a pig's liver, a strawberry, a cup of wine, a cup of cider, a red apple, or the like. *Second.* If the article be not obtained, it is apt to cause some mark on the child.

By reference to what I have said on mothers' marks, you will perceive the importance of obtaining the article craved, if possible, or make it known that it may be obtained for you. Let no false or foolish shame prevent you from attending to this in due time.

5. MILK IN THE BREASTS.—This sign, when it exists in connection with others mentioned above, may be regarded as an evidence of pregnancy. It is true, that milk may come in the breasts in cases of false conception. This condition so rarely happens, however, that no anxiety or concern should be indulged, unless it really be known to be present.

6. QUICKENING.—When the motions of the child can be distinctly felt, which happens about the fourth month after conception, of course it is a sure sign that the woman is pregnant.

When a lady would wish to ascertain with certainty, or at least as far as practicable, whether she be pregnant or not, she should

HOW TO DISTINGUISH PREGNANCY FROM OTHER COMPLAINTS

carefully take into consideration all the signs mentioned above, consider well the nature of each, and how many may be present, and then determine from the consideration of all.

SECTION 7.

HOW TO DISTINGUISH PREGNANCY FROM OTHER COMPLAINTS—

There are some complaints which resemble pregnancy so much that it is sometimes difficult to distinguish them :

1. **DROPSEY, EITHER IN THE ABDOMEN, OR IN THE WOMB**—In this the stomach enlarges, and the woman may have the outward appearance of pregnancy. By looking to the symptoms of pregnancy, however, and comparing them with the state the woman may be in, and by making examinations by pressure with one hand on one side of the stomach and tapping the other side with the other hand, the fluctuation may be felt, if it be dropsey. Much may be known, also, from the swelling in the feet and legs, and the general health of the woman. If the feet and legs be dropsied, we may suppose, the whole system to be under its influence.

2. **TYMPANY**—Is an enlargement of the abdomen from wind, which gathers inwardly and puffs up the stomach, somewhat resembling a case of pregnancy. By pressure on the stomach, however, and a comparison of the symptoms, we will very seldom be deceived in opinion.

3. **FALSE CONCEPTION**—So much resembles pregnancy, in many of the symptoms, that it is, in some instances impossible to distinguish them. If, however, we carefully consider the sickness and vomiting, the peculiar spitting, longing and other symptoms of pregnancy, we will rarely ever fail to determine correctly, the state the woman may be in.

HOW TO DISTINGUISH PREGNANCY FROM OTHER COMPLAINTS.

4. SUPPRESSION OF THE COURSES—Called cold, is sometimes mistaken for pregnancy. A want of proper knowledge in this affliction, has, in many instances entailed serious distress upon innocent females. My old instructor, Dr. Dewees, of Philadelphia, related a case of a young lady of high respectability, who was visited by an inexperienced physician, and her case declared to be a case of pregnancy, the young woman still avowed her innocence, and Dr. Dewees was called in to decide, and found her case to be suppressed menstruation.

Above all things, be careful on this ground, better you should err ten times on the other side, than bring ill-fame, upon one innocent female. A stain of this kind is worse than the most malignant contagion—its poison never dies! Heaven shield the innocent.

PART 4.

DISEASES OF PREGNANCY.

SECTION 1.

SICKNESS AND VOMITING—This truly distressing complaint, has been noticed as a sign, but we now treat of it as a disease of pregnancy. When the sickness and vomiting are only moderate, very simple means may be used to settle the stomach—such as a tea of chamomile flowers, mint dram, and the like. In some instances, however, the system happens to be in bad health, the stomach may be foul, or there may be slight cold. In such cases, the slight fevers created by the state of pregnancy, together with that sympathetic influence which exists between the stomach and the womb, greatly aggravate the ordinary symptoms of pregnancy and bring on a state of disease which will require more particular attention.

TREATMENT—As has been already observed, the milder forms of this affliction will require simple remedies only. Such as mild pills of some kind to act on the bowels, or seidlitzs powders, or magnesia, or salts, with some mild drops to settle the stomach, such as peppermint in cold water, with a few drops of laudanum, will generally be sufficient.

When, however, these means fail to give relief, a gentle puke may be used with great care, however. If the system be full of blood, or if there be other indications of fullness, bleeding from

the arm will be highly important. The bleeding, if necessary, should precede the puke.

Should the means above fail, a few of the calomel pill marked No. 1, in the table, may be taken, one or two at a dose for several days in succession, always seeing that they be worked off well, and that nothing be done to cause a salivation.

When these means have been used without success, or if the lady have any fears of the puke, or the calomel pills, the pills marked No. 2, in the table, may be used, one every night, and ten drops of the mixture called sour drops in the table, taken three times a day, just after eating. This is what I have called the constitutional course.

If the bowels be kept in regular action by the use of any purgative—seidlitz's powders, salts, or any mild purgative, the sickness will often disappear. Indeed, it is of first importance in such condition. The system at such times is full of blood, and hence, eruptions on the skin, head-ache, and many other afflictions might be prevented, by a regular use of mild purgatives, or bleeding if necessary.

SECTION 2.

HEART-BURN—This complaint, though often troublesome, is notwithstanding, very rarely of a serious nature. It is known by a strong acid or sour taste in the pit of the stomach, sensation of burning, sour belching, and the like.

TREATMENT—In the milder forms of this complaint, nothing more than the simple means will be necessary, a few drops of the essence of peppermint, or a tea-spoonfull of magnesia, repeated a few times, will generally give relief. Lime water, taken a table-spoonfull at a time, or a little charcoal, are good simple remedies.

When, however, these mild means are not sufficient, a solution of the salts of tartar may be used. The solution is prepared, as

directed in the table, and a tea-spoonfull may be taken every two or three hours, if necessary: that is, a tea-spoonfull of the solution. The salt of tartar is very strong, and would be dangerous if taken in large quantities.

These are intended as absorbents, to absorb or dry up the acid on the stomach. When they fail to give relief, we try the opposite course. Five drops of the nitric acid, in a little water, may be taken regularly three times a day, and the milder pills marked No. 2, may be used, one every night. This course will rarely ever fail to give relief.

SECTION 3.

COLIC IN TIME OF PREGNANCY.—Colic is of very frequent occurrence during pregnancy. It is, however, more troublesome in the last stages. The woman is apt to eat more heartily, and yet the stomach does not digest so well as at other times; consequently, the stomach will often feel full, and occasionally colic pains will be felt.

When the pain is only slight, simple means only may be used. The bowels must be purged and kept in regular action by the use of mild purgatives. Sena tea, castor oil, rhubarb, mild pills, or the like. To ease the pain, a warm spice dram, a few drops of mint, a tea spoonfull of paregoric, or other simple means may be used.

The colic, in some instances, is of a billious form. In such cases the misery is more griping and distressing, and the complaint is much more dangerous. Such forms of colic, may be known by crampings in the stomach, severe pains in the bowels, vomiting, and the like. This variety is highly dangerous; and, consequently, should be met promptly by medical aid, if practicable, lest it might be impracticable, however, to obtain aid, I will here give some of the best remedies:

In the first place, if the lady be stout, or, if indeed, there be no great weakness, she should be bled; after which, two or three

DISEASES OF PREGNANCY.

of the pills marked No. 1, may be given, and should they not move the bowels in a few hours, a dose of castor oil may be given to work them off. In the meantime, however, ashes sprinkled with water and laid in a cloth, may be applied to the stomach as warm as can be borne. A warm rock may be applied instead of the ashes—at the same time the following drops may be taken as often as is necessary. Take of spirits of hartshorn, half an ounce, tincture assafetida, half an ounce, essence of peppermint, half an ounce, laudanum, half an ounce, mix them in a vial, and of the mixture, take one tea-spoonfull at a time, weakened in water.

In obstinate cases, injections into the bowels may be beneficial, and I have used injections of tobacco smoke, by simply drawing the smoke up into the syringe, and discharging it into the bowels, when other means had failed.

When relief is had, however, a return of the complaint must be guarded against, by regulating the diet and keeping the bowels always regular, by the use of pills or bitters.

Bitters prepared, by putting half ounce of rhubarb, half ounce of aloes, and half an ounce of the gum of assafetida, into a quart of common spirits, of which a table-spoonfull or more, if necessary, may be taken every morning, so as to keep the bowels regular. Any simple bitters that will keep the bowels regular, may be used.

As I have frequently remarked, in relation to other complaints of the system, I still affirm here that a long continued use of the purgative bitters or pills, or indeed, any purgative that will keep the bowels regularly and gently moved, will work wonders in curing this and many other complaints.

In some instances in which the cramp is severe, there is difficulty in procuring an operation from the bowels. In such cases, the gamboge pills should be used. They are composed of equal parts of calomel and gamboge, mixed and made into pills.

SECTION 4.

PAIN IN THE HEAD.—A dull, heavy pain in the head, with more

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or less drowsiness, is a very common complaint with the pregnant woman. It generally results from excessive indulgence of the appetite, or from rich or gross diet. In some instances, however, it is caused by bad health of the courses; cold taken just about the time of conception; or, possibly, liver complaint.

TREATMENT.—When the complaint is caused by gross diet, or fullness of the blood-vessels, bleeding will be beneficial. In fact, I have found bleeding from the arm, highly important in all instances of pains in time of pregnancy, unless it be forbidden by extreme weakness of the system. It reduces the force of the circulation and relaxes the system, generally, thereby removing all congestions, relaxing the skin, opening the pores, and thus giving free action to the functions of life generally.

If there be objections, however, to bleeding, a free use of purgative medicines, or a mild puke administered and managed off with care, may afford relief—salts or pills, or purgative bitters freely, and repeatedly used, may be sufficient.

Should these means fail, mustard plasters may be applied to the back of the neck, or on the forehead where the pain is, and also to the wrists and ankles if needed. Frequent bathing of the feet in warm water, applications of the spirits of camphor to the temples, and the like, will often afford relief. The bowels must be kept in good order, by the use of purgatives, and calomel used if liver complaint exist.

SECTION 5.

SWELLING OF THE FEET AND LEGS.—This is a common occurrence in time of pregnancy, and when it happens only in a moderate degree, no attention will be needed. In some instances, however, the complaint seems to be connected with a diseased state of the system, and remedies must be used.

TREATMENT.—Where no bad health of the system exists, gentle

purgatives, bathing and rubbing the legs, and light diet and rest, will generally give relief.

In case where the patient is in bad health, the appetite weak, the system feeble, and especially if the swelling, when pressed by the finger, cause a pit to remain, we may apprehend danger of dropsy. Such cases may be relieved by bleeding—a remedy almost indispensable. The regular use of pills, and the iron drops so often referred to, a powder of equal parts of jallop and cream of tarter, is very good.

SECTION 6.

FREQUENT CRAMPINGS.—In the catalogue of diseases to which pregnant women are liable, we find a distressing affliction called cramp. It may be confined to the feet and legs, or it may extend to the thighs, hips, and even to the stomach. It generally originates from pressure of the child on the nerves and blood vessels, on the inside of the bones.

TREATMENT.—In most instances, relief may be had by rising to the feet; as the cramp rarely ever happens except when in bed. Rubbing the limbs, either with the dry hand, or with camphor, or the like, will be highly soothing. When the disease becomes habitual or troublesome, bleeding, low diet, and gentle purgatives may be used.

SECTION 7.

RESTLESS OF NIGHTS.—During the last few weeks of pregnancy, the lady may be restless of nights, so that she often turns herself in bed and sleeps but little; she feels smothered or oppressed in breathing, cannot draw a full breath—hence, she often rises to her feet to have the fresh air.

TREATMENT.—If the lady be hearty, robust and full of blood,

bleeding will be highly beneficial. After which, some cooling purgative, such as salts and magnesia, seidlitz's powders, cream of tarter, or the like, may be used. In hot climates, or where the health is feeble, frequent spongings with vinegar and water, bathing the feet, and washing the face, and then taking a few drops of laudanum, will generally bring refreshing sleep.

SECTION 8.

PAINFUL AND FREQUENT INCLINATIONS TO MAKE WATER.—The symptoms of this complaint are well expressed in the name itself. A frequent and almost constant desire to make water, and yet, but little relief from attempts to pass it. The complaint is caused by the pressure of the heavy womb on the neck of the bladder.

Relief may often be had by bathing the lower part of the belly with warm vinegar, or camphor, or by sitting in warm water often, so as to bathe hips and lower part of the belly. When there is great pain and burning while passing the water, a tea of water-melon seed, or a tea-spoonfull of sweet spirits of nitre, taken three times a day, a tea-spoonfull of cream of tarter, or a small portion, say the size of a large pea, of the common salt petre, taken three times a day, may give relief. Relief may sometimes be had, by pressing up the weight of the belly with the hands while attempting to make water.

SECTION 9.

STOPPAGE OF THE WATER.—The difficulty of making water, is, in some instances, so great as to end in an entire stoppage, or suppression, so that the woman cannot make water at all. When this is the case, there will be great pain in the lower part of the belly, which will increase more and more, till relief be had. Hence, delay may be dangerous.

TREATMENT.—In the first stage of the complaint, an active purgative may be taken—salts, or if the system be billious, calomel

and jallop. In the meanwhile, the hips and lower part of the belly may be bathed well in warm water, and cloths wrung out of hot vinegar, applied to the lower part of the belly. Also, a teaspoonfull of the sweet spirits of nitre, may be taken every two hours, for several times.

Should these means fail, however, no delay must be made—the bladder might become so distended with the water as to burst, and then all hope is gone. The water must be drawn off with an instrument called a female catheter. For this purpose, you may either call a physician, or obtain the use of an instrument. Any well bred professional man will loan you the instrument, and you may use it yourself, or some other lady for you. The operation is quite simple, and by no means dangerous, unless rashness be used.

First, oil the instrument well with warm oil of some kind: then taking hold of the open end so as to introduce the round end, which is full of holes, into the birth place, then feeling back under the bone about an inch or more, you may find the opening of the water passage; it is just back of the furthest part of the bone, and by carefully feeling, you may place the end of the forefinger on it. Having thus found the opening or passage, with the finger, you take the instrument as above directed, in the other hand, and guide the end of it, so as to place it in the passage, then gently pressing it forward, the water will soon flow through the quill or instrument.

Should there be any difficulty in finding the water passage, still keep feeling for it and pressing the end of the instrument, till you find the opening. Any lady present, by making water, and feeling with the hand, may find the opening on herself, and thus may be enabled to give relief to a suffering sister mortal.

It might possibly happen in some cases that neither a physician nor an instrument could be had in time, and then the sufferer must die a miserable death, indeed.

In such cases, I will recommend the use of a quill or cane; which should be about the size of a common weaving quill, and

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about six or eight inches long, one end being trimmed smooth as possible, the quill may be oiled and the smooth end introduced as above directed.

SECTION 10.

PILES IN TIME OF PREGNANCY.—Piles may be brought on by costiveness, or by bowel complaint, or by harsh griping medicine, and the like.

If there be no considerable inflammation of the parts, an ointment, prepared of equal parts of camphor, sweet oil and laudanum, applied well to the sores, will generally give relief. In all cases, however, the bowels must be kept regular by the use of some mild purgative, which does not cause griping; rhubarb, salts, cream of tartar, magnesia, and the like—aloes should not be used.

When the bowels is forced out a little and the part inflamed, injections of cold water thrown up the bowels, will often give speedy relief, a solution prepared by dissolving a tea-spoonfull of the sugar of lead, in a pint of cold water, (warmed if in cold weather) applied constantly with a soft rag, will be highly beneficial; alum water, or a tea of the alum root, will often serve the same purpose; an ointment, prepared of opedeldoc and sweet oil, warmed together, is an excellent remedy, if applied well to the affected part. The ooze of red oak bark boiled down to the consistence of molasses, is a sure remedy—tincture of iodine, weakened, is a great cure.

SECTION 11.

FLOODING BEFORE AND IN TIME OF PREGNANCY.—This alarming and really dangerous affliction, consists in a free and unnatural flow of blood from the womb.

Flooding properly may come on.

1. Before the woman is pregnant, as in case of excessive flow of the courses.

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2. In time of pregnancy, which may happen at any time during pregnancy.
3. It may happen after the foetus or child is delivered, and before the woman is cleared.
4. It may occur after the after-birth is removed.

CAUSES.—The principal causes, are weakness and bad constitutional health, in the first variety.

Sudden fright, great grief, overstrain by lifting a heavy weight, or the like. A fall from a horse, tight lacing, &c., in fact, any violence upon the system of the woman, that may cause a partial separation of the after-birth from the inner surface of the womb, may cause flooding, in time of pregnancy.

TREATMENT.—In order that my direction for the treatment of flooding may be explicit, and easily understood, I will give it in the order of the several varieties as noted above.

1. Flooding before the woman becomes pregnant. An excessive flow of the courses, is not flooding properly; it nevertheless, often terminates in flooding. The remedies in this variety, are simple—rest in bed. A free circulation of the cool air (in warm weather) and gentle purgatives of seidlitz's powders, salts, or the like, will often quiet the system, and thus relieve the complaint.

When, however, the discharge is profuse, and the symptoms more alarming, more active treatment will be requisite. In all such cases, a skillful physician should be called, if practicable. If not practicable, however, you may proceed, as follows, *to wit* :

1. Let the woman be placed on a bed where she may be comfortably cool and quiet. No danger of taking cold if the weather be warm.

2. If her pulse be strong, and she be plethoric or full of blood, let her be bled freely from the arm. No fears need be entertained of bleeding. The common apprehension is, that it will deprive the woman of blood, and thus weaken without benefit. This is a mistaken view of the effects of bleeding. Bleeding equalizes the

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circulation, reduces the force of the pulse, and thus greatly abates this, or any other hemorrhage.

Simple astringents, such as alum, in small doses. The alum root, in form of a tea used cold, a tea of red oak bark, or the white hickory, or the common sarvice bark, or the witch hazle used cold, will often check the discharge.

Fifteen or twenty drops of landanum, in cold water, taken inwardly, a pill of opium, or a dose of morphine, may be used to quiet the pulse—any of the simple drops, paregoric, Bateman's drops, or the like, may be used.

Should these simple remedies fail, we may look to the health of the system. If the stomach be foul, or the system bilious, a dose of calomel, or a dose of pills No. 1, should be used, after which, cold applications, cloths wrung out of cold water, and other cold applications, made to the bottom of the belly, should be used and repeated till relief be had. The syringe may be used if necessary. [*See washes for the womb.*]

Should these means fail, the tampon or plug, which is simply a soft cloth, or a silk handkerchief, oiled and gradually introduced into the birth-place, and forced up to the womb, there to remain till the flooding be arrested. Should flooding return when the cloth is removed, it must be replaced as before. Flooding of this kind, in some instances, becomes a permanent disease, returning periodically or monthly. In such cases, a constitutional course to purify the blood, strengthen the system, and thus remove the disease, should be regularly used during the intermission, and the remedies above noted, again used on the approach and return of the flooding. For such treatment, I beg of you to look at *part 1, section 4*—EXCESSIVE FLOW OF THE COURSES.

2. We now note the treatment of second variety—FLOODING IN TIME OF PREGNANCY.

This may take place at any stage, from the first to the last, or ninth month.

THE CAUSES.—As above stated, are sudden, fright, great grief,

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protracted sickness, overstrain, by lifting a heavy weight, tight lacing, a fall from a horse, or any violence upon the system of the woman that may cause a partial separation of the after-birth from the inner surface of the womb, may cause flooding in time of pregnancy.

The remedies for the arrest of flooding, in this case, are the same as in case first above recited. [*Which see.*] Till the dangers of the disease make it necessary to remove the birth, or *fœtus*—*See abortion.*

In many instances, flooding may be relieved by the proper use of suitable remedies, without the evil of abortion or miscarriage. We should, in all cases in which flooding comes on in time of pregnancy, ascertain, by examination, whether or not the *fœtus* or birth, is in any way separated from the womb. If such separation has taken place, or the mouth of the womb be forced open considerably, we may use no further means to prevent abortion, but may, in the best way, attempt full delivery.

We should not be discouraged by flooding alone, however, unless it be profuse, as I have managed many cases in which flooding has returned again and again; and yet the woman has been conducted to her full time, and has borne a living child.

When, however, the violence of the flooding is great, and the means as above directed have been used without relief, the case assumes a critical and a dangerous aspect. A question of great importance now arises: Shall we still tamper with the use of remedies to stop the flooding, till possibly the case terminates in death? Or, shall we continuously, but badly, attempt full relief by clearing the woman of all the contents of the womb?

It is obvious, that both skill and sound judgment, well sustained by experience, will be called in requisition at this momentous period. Here, even authorities of high distinction—such as DEWEES, and others—forbid the introduction of the fingers, or the hand, into the womb.

In full accordance with the design of this work, however, it is

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incumbent on me to give my practice, and the result of thirty years observation and experience.

In all cases of this kind, where flooding was considerable, and where the *fœtus* had been partially separated, or where the mouth of the womb is found expanded—no matter at what stage of pregnancy, from the first to the last month—I have invariably, when the circumstances demanded it, introduced either the fingers or the hand, and thus, with great caution, *relieved the woman*. And as a matter, not of vain boasting, but of encouragement, I affirm, that I have not failed to give relief—have not *injured or lost a single patient!* For the confirmation of this bold, and almost unreasonable assertion, I refer to the numbers of living witnesses (many of them of high authority,) in the several adjoining counties, who have witnessed or experienced such relief.

Whether others might be equally successful, is a decision for which I am unprepared. It is, however, repeated for their encouragement, that I have really found no serious difficulty, save in a few cases where the mouth of the womb is not considerably opened. However, nothing but imperious necessity can authorize the attempt to open it. I speak more particularly of cases of partial separation, and cases in which the mouth of the womb is considerably expanded.

I have spoken more definitely upon the subject of delivering the *fœtus* and the after-birth, when treating of abortion, to which I must refer you.

When the womb has been properly freed from all its contents, *fœtus* and after-birth, the flooding generally ceases. In cases where it does not, means above may be used.

SECTION 12.

FALSE PAINS.—During the last weeks of pregnancy, the woman may be, and in fact is, often troubled with irregular misery, which we call false pains. In some instances, the misery is so severe, and the pains of such force, as to induce a belief that labor has really commenced.

Inasmuch as it is sometimes difficult for the lady to know really whether she be taken in labor or not, I will here make a few suggestions; which, if well considered, will enable her to decide:

First. Ascertain as nearly as possible, whether or not your time, by count or reckoning, has come.

Second. Observe the nature and force of the pains, whether they come on regularly every few minutes, or whether they only happen occasionally.

Third. Whether they increase or not, if it be found that the pains return regularly, and increase in force, let the mouth of the womb be examined. If it be found that the mouth of the womb is soft and relaxing, or opening, you may suppose that labor is about to come on; and in fact labor pains may come on before the relaxation of the womb. In some instances, the pains are merely lingering and transient, only wearying the woman, when she well knows that her time is not at hand. In cases of this kind, which are generally caused by bad health, fatigue, or the like, it may be necessary to bleed, and use gentle purgatives, with rest on a bed, or the purgatives without bleeding.

In other cases, where the pains are more severe and distressing, bleeding will be highly necessary. A quantity of blood drawn from the arm, will equalize the circulation, relax the system generally, and thus give relief from misery. If it be the time of labor, bleeding will prepare the woman for her time, unless she be feeble, either from advanced age or from bad health—in such cases, bleeding is not advisable. Whether you bleed or not, purgative medicines will be highly important.

If the system be bilious, a few of the purgative pills marked No. 1, in the table, will be beneficial—if not, however, mild purgatives, such as the pills marked No. 2, or any mild medicine, may answer. After the bowels have been thus worked off, ten or fifteen drops of laudanum, or a tea-spoonful of paregoric, or two tea-spoonfulls of Bateman's drops, may be taken inwardly, to procure ease, or a dose of morphine.

Should these remedies fail, a few of the pills No. 1, of the table,

should be given to remove bile, and the drops, or a dose of morphine, again used to procure ease.

SECTION 13.

PAIN FROM THE POSITION OR MOTIONS OF THE CHILD.—Sometimes during pregnancy, the child so turns itself that the knees, elbows, or feet, press against the mother so as to cause pain. In such cases, relief may generally be had by pressing the hand gently, on the part of the child thus causing pain, till it changes its position. When the child is across, it will cause more or less pain, by the pressure of the feet in the side of the mother, or when the face of the child is turned towards the back of the mother. The motions of the child, in some instances, cause pain. It is rather an indication of a vigorous and healthy constitution, when its motions are frequent and strong.

These afflictions, in many instances, are caused by excessive fatigue or laborious exercise of the mother. Some females, from their circumstances, are compelled to wash and to exercise on foot, lift heavy burdens, and the like. In such cases, the motions of the child will be troublesome.

One circumstance is worthy of observation here, *to wit*: The changes which may be caused by the positions of the mother. It is very probable, that by frequent stooping with the head down, the head of the child may turn down, and then when the mother rises to her feet, you may perceive that the breech of the child would be turned where its head should be, thus forming a difficult case.

In most of the cases of pain from the motions of the child, rest, gentle purgatives, and cool refreshing air, will give relief—brandy or spirits of camphor, mixed with laudanum, may be rubbed on the stomach repeatedly, to quiet the motions of the child—a few drops of laudanum or of paregoric, or Bateman's drops, or a dose of morphine, will give ease at the time, and may be repeated when necessary.

SECTION 14.

TIGHTNESS OR FULLNESS IN TIME OF PREGNANCY.—Pregnant women sometimes complain of a fulness or constriction in the stomach. The skin seems to draw, and to be unyielding; or, in other words, not to relax and expand as the womb enlarges. In general, a liniment composed of camphor and sweet oil, bathed upon the stomach, will give relief. If, however, the affliction becomes troublesome, light bleeding, gentle purgatives and light diet, may be used.

SECTION 15.

GREAT WEIGHT, OR BEARING DOWN OF THE WOMB.—Women of weakly constitution and relaxed fibres, are sometimes troubled by the weight of the pregnant womb. It seems to draw or pull down the stomach or belly, like the falling of the womb, and thus to cause distress.

For the relief of these symptoms, washes or injections of the solution of sugar of lead thrown up the birth-place, will generally give relief. Relief may, in some instances, be had, by application of warm brandy, and the like, to the stomach, or by sitting in a strong tea of red oak bark. Five or six grains of allum, taken two or three times a day, or five drops of nitric acid in a little water, taken three times a day, will be found highly beneficial. The bowels, however, must be kept in regular action by the constant use of some mild purgative. In the advanced stages of pregnancy, straps may be contrived to pass over the shoulders and around under the stomach, so as to give support to the abdomen.

SECTION 16.

ITCHING OF THE PRIVATES.—A distressing itching in the birth-place, occasionally troubles the pregnant woman. For relief, I

know nothing better than a little borax dissolved in water, with which the parts may be washed repeatedly, till relief be had.

SECTION 17.

MOTHERS MARKS.—The reality of this very curious work of nature, has been for many years a subject of controversy among the learned. The unanswerable volumes of testimony which have accumulated from day to day, however, have at length silenced the clamors of incredulity; and for once, the *litterati* are constrained from the record of facts to believe that which they professedly do not understand. [*See records of medicine.*]

It is contended, that nerves are essential to the transfer of impression from the mother to the child; and that there are no nerves found in the naval string connecting the child with the mother. We reason back, however, from the effect to the cause, and prove to a demonstration, that impressions are transferred.

Among the records of medicine, may be found hundreds of instances in which the mother has longed for certain articles—a pigs liver, a strawberry, or the like, and not being satisfied by obtaining the article, an impression precisely picturing that which she craved or longed for in imagination, has been found on the body of the child. Here, then, are the facts, which stand in sullen silence, and await the solution of the learned.

It is said by the females themselves, that the mark or impression on the child, will be fixed on that part of the child which corresponds to the part of the mother on which she first lays her hand, while under the influence of longing. As to this, we know nothing about it; indeed, the whole matter is a strange and very curious work of nature. How it is that the very color of any thing longed for can be, by sympathy, transferred from the mothers imagination to the childs system, is unquestionably a deep mystery.

Cider, wine, berries, a pigs liver, and an endless variety of articles, all having the color, form, and very life of the articles, are

instruments of these mother's marks. The same effect seems to result from a sudden fright, caused by objects at such times. Snake-heads, lizzards, and the like, have been indellibly graven upon the child, in consequence of a sudden fright, caused by the sight of these objects in time of pregnancy.

As to the marks from longing, it is well known, that if the mother, at a proper time, obtained the articles craved, there will be no mark—consequently, she should, by all means, make her wants known to her friends, in order that the article, *if possible*, may be obtained. To conceal it, is a false and foolish delicacy, which may be regretted afterwards. In the same way, all sights or objects calculated to startle or frighten the lady, should, by all means, be avoided. And, in truth, there are sights of wounds, fits, or convulsions, persons dying, &c., that should, *for safety*, be avoided.

May not mothers, also, take a lesson from these sufficient to warn them against the indulgence of anger, grief, or the like, at such times, knowing that such impressions may, possibly, be transferred to the tender offspring.

I witnessed a very remarkable case, in which the flesh of the child, and when borne, feet precisely like the flesh of a dead person, equally as hard and cold. The child lived but a short time. Upon inquiry, I learned that the mother had *lifted a corpse*, which turned her very sick. Such an act, by a pregnant woman, merits even stern rebuke.

SECTION 18.

ABORTION, OR MISCARRIAGE.—After treating of pregnancy, its various accidents and diseases, we at length come to treat that primitive termination of pregnancy, called abortion, or miscarriage.

Abortion may happen at any stage of pregnancy between the time of, or after conception, and the time for natural labour, we however, limit its signification from time of conception to the end

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of the seventh month—after which time, it is possible for the child to live.

The symptoms or signs which mark the approach of abortion, are important, in order that the lady may speedily resort to the use of proper remedies. Whenever the pregnant woman feels slight pains in the head, or back and loins, accompanied with misery in the lower part of the bowels, chilly sensations, and the like, she may be apprehensive that abortion will soon follow, unless prevented by the use of means. Should the attack progress without relief, slight discharges of blood, or in some instances, profuse flooding, increase of pains, and the discharge of the *fœtus*, or, at least, in part.

CAUSES.—It is highly important, that all ladies, in a pregnant state, should know the causes likely to induce abortion, in order that they may, as far as practicable, avoid them.

Sudden alarm or fright, great grief, a fall from a horse, or other height, any hard strain from lifting a heavy weight, or the like, excessive fatigue from hard labor, such as washing, cooking, walking on foot, dancing, or the like; also, violent fits of anger, or any great and sudden exertion of the system, hard pukes, purgative medicines, which act too harshly and severely on the bowels—long protracted sickness, or excessive weakness from other causes. I say nothing of the means used through ignorance of the properties, such as forcing teas, and the like. I also omit the means used by some, to induce abortion, and thus hide the guilt of crime. There is a being, however, the scrutiny of whose omniscient eye cannot be eluded, who records, in burning maledictions, his wrath against the offender.

Flooding, more or less, often to an alarming extent, either attends or follows abortion. For the nature and treatment of flooding—*See Flooding*.

MEANS TO PREVENT ABORTION.—There are three states of the system, in which abortion may occur, requiring special notice :

First. A state of plethora, or fullness of blood.

Second. A state of debility or weakness.

Third. A nervous or highly irritable state of the system.

When abortion is apprehended in ladies of the first or plethoric state, bleeding from the arm will be highly important. Bleeding, as has been remarked, is often beneficial to the pregnant woman, even when abortion is not apprehended. Immediately after bleeding, some opiates, such as a dose of morphine, twenty drops of laudanum, dose of Bateman's drops, paregoric, or the like, should be taken to quiet the system.

If grief, anger, fear, or other exertions of mind, be the cause, rest on the bed, and the opiates, as above directed, will generally give relief.

In all cases of injury from harsh medicines, bowel complaints, or other severe misery from cramps, opiates, as above directed, used with cordials, or wines, to strengthen the system, and rest in bed generally afford relief—a lotion, prepared of equal parts of laudanum and spirits of camphor, as used in your bottle, applied all over the abdomen or belly, will often afford great relief.

Bad health, or a billious state of the system, may be the cause. In such case, a dose of calomel, or a dose of pills No. 1, repeated if necessary, to cleanse the stomach, may be essential. Care must be had, however, that we do not use the opiates till the pills or calomel be worked off, lest a salivation be caused—so soon, however, as the medicines have been worked off, opiates may be used to quiet the system.

The opiates—such as laudanum, morphine, or opium—may be repeated every two or three hours, if necessary, to relieve pain and quiet the system. Care must be had, however, that we do not repeat too often, or use too much of these medicines, as they might produce injury. The Bateman's drops, paregoric and cordial, are harmless.

When once relief is obtained, the lady should be careful to avoid, as far as possible, all the exciting causes, and keep the

system in good health by the use of gentle purgatives, either pills or mild bitters. If due regard be paid to the general health of the system, by keeping the bowells in a healthy state, and bleeding again in cases of fullness, whenever indicated. The use of cordials, when necessary, in cases of weakness, there will be but little danger of a return.

In cases of constitutional weakness, the pills No. 2, and the iron drops, long continued as directed in the other cases, or some good bitters, such as Bull's Sarsaparilla, or the like, taken for some time, will seldom fail to benefit.

After all means have been used ineffectually, abortion, in some instances, follows unavoidably — possibly, some fatal injury may have befallen the *fœtus*, and have thus rendered abortion inevitable.

Seeing no possible way of relief, we look to a safe and early delivery. *First*. There may be a partial separation of the after-birth, so as to keep up a dangerous flooding — or the *fœtus* or child may be expelled, and the small after-birth grown to the womb, may keep up a dangerous flooding.

In the first case, if the mouth of the womb be expanded, we may ascertain and be fully satisfied of the condition, and being fully satisfied, may proceed to relieve the woman.

Two different states seem to demand special consideration, even before any part of the birth be expelled from the womb. The flooding may be so profuse and obstinate as to require the delivery of the woman, or the small *fœtus* may be expelled, leaving the after-birth grown to the womb, so as to keep up the flooding.

Now, in both these cases, medical writers of high distinction have opposed the practice of introducing the hand, or even the fingers into the womb, to aid the expulsion of the birth. It will probably savor of presumption, to set up my professional declarations against authority so prominently distinguished. My object, however, in publishing this Book is, chiefly, that I may give to the public the benefit (if indeed there be benefit,) of my own professional experience.

Without incurring imputations of presumption, I may be permitted to state, that my practice, especially during the last twenty years, *has been extensive*. In cases of the kind, now under consideration, I have been called a considerable distance round: and here remark, for the encouragement of others, that I have, in all cases, in which I deem it expedient, relieved the woman by the introduction of the hand, if necessary—that I have been in the practice thirty years—*have not failed to relieve a single case* in which I have touched the patient—have never lost a *patient by this affliction*, or witnessed any serious consequences of such relief, in a single case. I am aware that I cannot transfer the tact or manual skill, which long experience has gained; and, consequently, guarantee the same success of all who may act under my instructions. I, however, will invest them with the theory of my success; and the same practice may not only gain the same practical tact, but may advance even further in the improvement of the science.

In all cases, then, where the means, as above directed, have been fully tried, and yet flooding continues, I advise you to call an experienced physician. If this be not practicable, however, the most experienced midwife may, and in fact should, act.

Let the nails be trimmed and the hand oiled, then bring the fingers together, introduce the hand carefully into the birth-place—if the mouth of the womb be not fully expanded, it may be gently enlarged by the use of the fingers—then urging the fingers gently forward, the contents of the womb may be felt.

If the woman has gone only a few months, the search may be made with the fingers only, as the womb is, in such case, very small. If the *fetus* be unbroken in the womb, but partially severed from the inside, and the urgency of the flooding imperiously demanded it, the fingers may be gently and carefully moved round the mass, so as to separate and aid its removal.

I have, in many cases of this kind, found only a part of the small after-birth, not larger, possibly, than a hens egg; and yet, upon its removal, the womb contracted and the flooding ceased.

This condition, a small part of the after-birth remaining, demands special notice, inasmuch as difficulty often occurs in the management. I have rode twenty, thirty, and even fifty miles to relieve ladies in such distress, who, as was reported, had been properly cleared. In all cases where flooding continues after abortion, and does not yield under the use of the remedies as directed, we may suspect a part of the after-birth remains, and consequently should make careful examination.

In all cases of abortion, we should cause a dose of morphine or laudanum, or the like, to be taken, before the after-birth is removed, in order that it may quiet the system at the time of its removal, and thus prevent flooding. When the woman has been properly relieved of the *fœtus* and its consequences of flooding, she should carefully use means to restore health, avoid all the causes, as pointed out, and by all means prevent a repetition of this distressing misfortune. In some instances, abortion has occurred several times in succession, and thus a state of the system is induced, which greatly predisposes the sufferer to a recurrence of the same affliction.

In cases of this unfortunate predisposition, the best professional skill is sometimes sought in vain. Two ladies under my care, at this time, have had their health so far improved, as to preserve themselves from misfortune, till about the seventh month; then, after suffering all the excruciating pangs of this peculiar state, have, in the bitterness of a mothers sorrow, been compelled to witness the flickerings of the dying lamp, as it quivered in the innocence of infantile loveliness, and sunk to rise no more.

In the management of habitual abortion of this kind, every inquiry should be made to ascertain the remote, as well as the exciting cause. To explain better my meaning here, feeble health may be a remote cause, while sudden fright, as from fire, or the like, may be the exciting cause.

1. In all cases, the system must be kept in the best possible state of health. Mild purgatives, such as will not only move the bowels regularly, but preserve good health, should be regularly used.

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2. In all cases of fulness, or vigorous state of the blood vessels, bleeding, and a repetition of it, will be of first importance.

3. In all cases of weakly constitutions, the same general health must be preserved by the regular use of cordials, tonic, (not forcing bitters) mild aperients or purgatives, gentle exercise, and the like. In these cases, the use of the mineral springs will often be of great avail. The cold bath, in some southern climates, has been used with good success. In cases of weakness in the back, a pitch plaster, or even a blister on the loins, will often promote success.

In cases where the mouth of the womb, from apparent weakness, relaxes, opens, and thus induces abortion, a supporter for the abdomen, in form of a lace jacket, has aided the sufferer.

Even a careful attention to diet, may lend some aid in the cause. Let nothing be used of a crude or stimulating nature. The position of standing too much, should be avoided, and all the exciting causes as far as practicable. And lastly, when these means are unavailing, the lady must take her separate bed for a few months. You can easily understand the nature and necessity of this. All medical writers of high authority, positively enjoin a sequestration from the husband at such times.

SECTION 19.

FEVERS, MEASLES, AND THE LIKE, IN TIME OF PREGNANCY.—Females, during their time of pregnancy, are sometimes afflicted with fever, measles, or other diseases, which, on account of pregnancy, are more obstinate and dangerous. In fact, there are but few physicians who, from mature study and actual experience, understand the proper management of such cases. It does not come within the contemplated limits of this Book, to treat of these diseases. I nevertheless, will premise a few observations which may profit the afflicted.

The great difficulty of such cases, is that it is generally believed that medicines, or at least such as are termed strong medicines, cannot be used; and yet the disease may require the action of

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even *strong medicines*. If medicines be given so as to have great effect on the system, miscarriage may take place, and thus endanger the life of the woman—on the contrary, if no medicines of sufficient action to break the disease be used, the disease itself will very soon prove fatal.

The first important consideration is, to ascertain as nearly as possible the nature and obstinacy of the disease. If the disease be mild, mild remedies may succeed, but if the disease prove obstinate, or hard to break, delay might endanger the life of the patient. Let medicines of sufficient strength be used. My course in such cases, *for the last twenty years*, has been invariably to use such medicines as the violence of the disease seemed to require; believing that less danger would result from a prudent use of the medicines best calculated to remove the disease, than might be apprehended from the progress of the disease, without the use of such medicines. Pukes and calomel, usually termed strong medicines, may be used in their mildest form without serious danger. They, however, should be under the direction of some person or physician, well acquainted with their use. Let the rule of practice be, if the complaint be violent and dangerous, use without delay means adapted to the case—a puke of epecac alone, or if the system be bilious, a portion of tartar emetic combined with it, or portions of calomel so combined with other means, as to break the disease. If pains be caused, so soon as the medicine is off of the stomach, use a pill of opium, ten or fifteen drops of laudanum, Bateman's drops, or the like, as may be needed—morphine is probably best.

In all cases of fever in time of pregnancy, when weakness of an extreme nature does not forbid, bleeding should be used without hesitation. The state of pregnancy, of itself, keeps up an increased action of the pulse and some little fever, even in good health. There is also a greater quantity of blood in the system; a greater quantity is needed, it is true, but when the system becomes diseased in any way, and fevers come on, then the great quantity of blood may prove injurious in many ways; conse-

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quently, in all instances of high or violent fever, where the pulse is strong, and especially if attended with pain in the side, head, or other parts, bleeding is imperiously demanded.

It is true, that a free use of active purgative medicines, may possibly relieve without, but nothing will be better suited to the necessities of the case, than the loss of blood from the arm; even in cases of measles, I have bled with marked advantage.

In such cases of measles where proper means have been used to throw out the corruption, and yet the inward heat and thirst is great, the pulse strong, the eyes red, the tongue very dry, and all the symptoms indicate a very high state of fever, I invariably bleed. I might mention many cases of the kind, in which I have taken blood freely, and I have no recollection that it ever failed to give relief.

The danger is, that the measles may strike back, and thereby endanger the patient; consequently, bleeding should never be used except it be under the management of an experienced physician, who first sees the necessity, as above described, and also use the proper remedies to throw out the eruption, and prevent collapse. For this purpose, spirits of camphor, landanum and pepper-mint, will succeed best.

These remarks have been made in order to remove that long established prejudice existing against the use of medicines in cases of pregnancy, and especially against the use of the lancet in measles.

The remarks here offered to remove such prejudices, should not be abused, however, and dangers incurred from another extreme; but let wisdom and professional knowledge guide. All remedies may be abused by want of discretion in their application. When, however, discretion is duly exercised, act in the premises, use the remedies, and if they fail, it is in consequence of the imperfections of the science to cure all cases. I am aware, that many of the professional books lay a rule against the use of emetics in time of pregnancy, and in my outset I observed it.

A few years trial in obstinate cases of congestive (*called Ty-*

phoid.) fever, satisfied me with the rule; and, for at least twenty years, I have had no reason to regret my rule of practice.

It may not be known, generally, that the system, in time of pregnancy, is too irritable for the use of blisters; and, consequently, they cannot be used with a probability of benefit, till the system has been much reduced.

SECTION 20.

THE TIME A WOMAN GOES.—By some means or other, but why or how, I know not, it has become a settled and prevailing opinion, that all women, under all circumstances, should invariably go just nine months, and no more. From this erroneous notion of the time of pregnancy, result evils of a serious and most aggravated nature. If in any case the lady, with her first child, fall short, even a week or two, the fatal die is cast; and, notwithstanding the woman may be as innocent as the *Virgin Mary*, her name is cast out as evil, and she becomes the subject of slander and of ridicule. In like manner, the bereaved widow and the disconsolate wife, whose husband may have been absent, are ruled strictly to the time of *nine months*; and, should they fall short, that which was only conjecture, now becomes a matter of fact, and madam ——— is cast out of the Synagogue.

It might seem to be enough, when lovely woman does, in reality, turn aside from virtues path, that the maledictions of an incensed community, should be breathed in scathing and burning aspersions upon the brightest excellencies of her fair reputation; yet, when ignorance presumptuously rises from its covert unprovoked, save by the cankering sting of malice and envy, and scatters the dark vapors of foul destruction upon the uncontaminated lustre of virtuous innocence and purity—the scene is shocking, and the heart turns away from the follies of feeble and fallen nature. In order, therefore, to give full and satisfactory information on this subject, I have taken great pains to consult many writers and documents, from which I learn—

First. That nine months is the usual time—that is the medium or most common time a woman goes.

Second. That labor may come on either several weeks before, or it may be delayed as many beyond nine months.

On this subject, the courts of England, France, Scotland, and Russia, have decided, that a living child from even six months after marriage, may be a lawful heir. [*See Beck's Medical Jurisprudence.*] By the same high authorities it is decided, that a child born even eleven months after the death of the husband, shall be held a lawful heir.

To settle this important question, the courts above mentioned, called a council of thirty of the most distinguished physicians of Europe, whose joint opinion was, that such is the difference of constitution, health, and habits, of different females, that one might bear a child at six months, while another might go even to the protracted time of eleven months.

What, then, shall be the settled and certain time a woman may be allowed to go? The answer is, that there is no such certain time known. Long experience has shown that nine months is the medium or usual time, and this is all that has yet been known; consequently, the virtue or fidelity of no lady should be suspected upon grounds so uncertain. No certain conclusions should be drawn from premises so uncertain. No law, either civil or divine, will pronounce sentence against the accused without certain evidence of guilt. The law maxim has long been held good, that it is better that ninety and nine guilty persons should go clear, than that one innocent should suffer.

SECTION 21.

THE TIME, BY RECKONING, WHEN LABOR WILL COME ON.—It is always of concern, with the pregnant woman, to know, as near as possible, when labor will come on. From what has already been said on this subject, it may be perceived that no positive certainty can be attained. There is no exact time to count from, and no absolute certainty as to the time the woman will go. If,

however, you will notice the time when your period failed to come on, and count from that forward nine months, you will have the time as nearly as may be practicable.

We may again reckon from the time of quickening, or the time when the woman first feels the motions of the child, she may then suppose she has gone about four months or four and a half, which would be half her time.

Again—when the time draws nigh, she is often puzzled to tell whether she only has false pains, or whether labor has really come on. For this information—*See False Pains.*

SECTION 22.

DEATH OF THE CHILD IN THE WOMB.—From a fall, sudden fright, great grief, bad health, or the like, the life of the child is sometimes destroyed. Should the woman go long in this condition, serious consequences of bad health may be the result—consequently, it is matter of great concern to know as nearly as practicable whether the child be living or not. When the woman has felt the motions of the child for some time, and having suffered some accident, or sudden fright, she feels the motions of the child no more. Pressure may then be made with the hand on the stomach, so as to cause the child, if it be living, to move—she may also examine her own state. If the child be dead, she will of course grow no more in size—her breasts will become soft and flabby, and she may recollect that she felt sick at the stomach soon after the accident happened. If these signs be found, an experienced physician should be called to ascertain, by examination, the true condition, and to determine whether or not the child should be removed. In general, however, it will be better to wait till labor comes on.

SECTION 23.

FALSE CONCEPTION.—The formation of a mass in the womb, much resembling the after-birth in its substance, is what we mean.

by *False Conception*. It is something resembling conception in some respects; but, in fact, is nothing but a mass of soft substance forming and growing in the womb, somewhat like the after-birth.

It is more than probable, that it originates from some bad health of the courses, in consequence of which a mass begins to grow in the womb—the courses are stopped on the woman—her breasts grow—her stomach enlarges, and she is ready to conclude that she is in a family way—or, in other words, pregnant.

There seems to be two kinds of false conception, so called. *First*. A fleshy substance growing in the womb, which it is thought never happens in the unmarried state. And, also, a mole or lump, formed from the accumulation of the menstrual fluid in the womb. Young women have sometimes been slandered in consequence of the formation of such moles. Hence, it is well to apprise you properly of this unnatural condition of the afflicted female. It is equally true, also, that crimes have been concealed under the pretence of moles, or false conception. If a due regard be paid to the signs of pregnancy, which I have laid down under their proper head—and a comparison of the signs present on the woman in cases of moles, or false conception, the true condition may generally be satisfactorily ascertained. In order to test this matter, open the book to the signs of *Pregnancy*; then learn all the signs of sickness, spitting, longing, enlargement of the woman, milk in the breast, &c., and you will generally be able to determine fully whether the woman be really pregnant or not. After all, however, in cases of married women, the proper course is to wait, and a few months will fully determine the matter. False conception and moles, usually come away in the course of six or seven months. Though, in some reported cases, they seem to have continued even for twenty months. Their continuance, however, is very seldom attended with danger—and hence, it is prudent and safe, to wait till time determines. I have several times, in the course of my practice, been called to give testimony in cases of unmarried females, who were charged with the crime of procuring abortion, when no proof that a child had been seen

was adduced. In such instances, it may not be laudable to *hunt* for guilt and crime. It is time enough, that lovely woman be dismantled of innocence, virtue, and protection, when the guilt really appears. Human nature is but frail at the best, and even when crime is evidently seen, the helpless victim demands, in loudest appeals, the sympathies of all her race. The noble impulse of a generous and virtuous heart, will beat in compassionate sympathy upon the ruins of her desolated fame :

"No radiant pearls that crested fortune wears;
No gem that sparkling hangs in beauty's ears:
Not the bright stars that night's blue arch adorn,
Nor opening suns that gild the vernal morn
Shine with such lustre as the tear that flows
Down virtues manly cheeks for others woes."

SECTION 24.

COSTIVENESS OR LOOSENESS OF THE BOWELS.—I have already said much on this subject, but I cannot too urgently press the necessity of keeping the bowels in a healthful state. Some ladies in a state of pregnancy, neglect simple means of the kind, and are, consequently, generally either costive or loose in their bowels. When they neglect to take simple remedies or purgatives, the state of costiveness itself produces an irritation of the bowels—and this, when it ends, is followed by a state of costiveness, and so on.

In consequence of this state of the system, many other slight complaints may occur, such as head ache, restlessness, eruptions on the skin, and the like. When labor comes on in such a state of costiveness, the case is much worse in all respects. By all means the bowels should be in good condition when labor comes on. For the purpose of keeping the bowels in order, any simple purgative may be used, such as good pills of any kind—No. 2 in the table, or any mild pills, a mixture of equal parts of rhubarb

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and magnesia, is very good—perhaps more mild and healthful than anything else.

While speaking on this subject, I will remark, that sulphur should not be used. I do not know that it will cause miscarriage, but I have formed an opinion against its use in time of pregnancy. Bitters of any kind may be used, provided care be had not to use any of the forcing medicines in them. I have known many cases of miscarriage brought on by the use of teas, for cold, where persons were ignorant of the effects of such remedies.

The great consideration, however, is, that you take something, and use it regularly and faithfully—even cream of tartar, seidlitzs powders, rhubarb, (either from the garden or the shops,) sena tea, or the like.

PART 5.

LABOR.

We at length approach the terminal scene of pregnancy, called LABOR. By this operation of nature and art, the child is expelled from the womb, and the travailing mother freed from the cares and anxieties of her burden. The scene is usually, though not invariably, attended with anguish, sorrow and pain; yet, by some Spartan sufferers, it is hailed with joy, and even delight!

Much has been said and written impugning the justice and mercy of the author of our being for so forming woman as to subject her to the pangs and sorrows of child-birth.

Could I persuade myself even to believe that the Omnipotent Creator did originally form the *earthly angel* designedly, that she should suffer extremely in child-bearing—yet, such is my submissive reverence, and such my confidence in the compassionate regard of the author of our being, that I should, notwithstanding, believe that He, in the illimitable scope of divine omniscience, saw best that it should be so.

What mortal, feeling herself but “dust and ashes,” the creature of a higher power, can indulge bitter recriminations of that Omnipotent Being, who, when nothing but the divine impulse of his own pure love, could move him to the deed—said, as a token of his regard, “*Let us make man in our image, after our likeness.*” Why in our image?

No principle of true philosophy can hold that a being, absolutely perfect in all the attributes essential to the subsistence of the God-head, could have pleasure in bringing needless pain and sorrow upon that creature of His power, on whom He had sealed the impress of his *own image*. None but those, whose moral sun has receded behind the stygian shades and mantling gloom of a cheerless and hopeless infidelity, can indulge the thought.

Before the breath of the divine energy imparted the quickening principle of sentient life, the inanimate dust could not have been an object of his hatred or displeasure. I envy not the moral light of that man or woman, whose heart is so far wrecked of original purity, as to indulge the thought that a being, clothed with all the perfection essential to the subsistence of the Theal economy, could so delight in the sport of his creative potency, as to bring up from the dust, and endow with the capacities of woman, a creature on whom, in some sense, He impressed His own image, *solely* that she might become a child of anguish, and an heir of sorrow.

All who admit the existence of a God at all, admit the attributes essential to the constitution, or subsistence of such a being. And, who may not perceive that such sport of Theal Omnipotency, exercised upon the helpless creature of His power, would be *un-Godlike* in the illimitable supremacy of His August Majesty?

All wrong—that is every deviation from a rule of absolute right and consistency, is imperfection. All wrong, consists in the infraction of an eternal rule of right. That which is absolutely perfect, is absolutely right, both relatively and intrinsically. If there exist at all such a being as God, clothed with all the perfections of the divine economy, He knows that from his sentence their lies no appeal. Whatever He, in the might of His resistless omnipotency and uncompeered dominion, seals as a sentence upon His creature, even when the engulfing wreck of time shall have closed the scene of mundane evolutions, stands as a monumental pyramid of His undenied supremacy. His justice, mercy

and goodness, being attributes of the divine economy, lay rule upon Jehovah himself, omnipotence itself being the executive attribute of the Deity, is pledged for the execution of his mercy and goodness. Hence, on the strong arm of Jehovah's omnipotent might, rests the hope of your safety. If God be God, his confiding creature is secure in the lofty utterance of His own inspired diction—"the judge of all the earth will do right."

Know, then, that the sentence of Heaven is right, when for cause sufficient to satisfy the demands of the divine economy, unto the woman He said, "I will greatly multiply thy sorrow and thy conception. In sorrow, thou shalt bring forth children." Let not the burden of the sentence bring gloom upon your mind, however, the ransoming price is paid—the covenant of redemption is sealed. And, although the virtue of its cancelling power reaches not the sorrows of this life—yet, as a crown, it awaits you at the end of the race. He who is the resurrection and the life, will more than restore the primeval purity of Eden's forfeited glory. No vestige of fallen mortality shall cleave to the angelic perfection of that being unto whom He shall say, "Come ye blessed."

Child-bed should not be made a scene of sorrow and dejection. Let the woman gird herself with proper fortitude, and approach her time with joy—recollecting, that all mothers have endured the same affliction. It is true, the scene is gloomy and sorrowful, when the ignorance of the attendant makes it so. When, however, the woman has been prepared for her time, by the use of purgative medicines, bleeding, &c., if necessary, and the proper assistance be given her, it may be a frolic of joy, rather than a time of sadness. Only one or two hours pain, and the sufferer may rejoice in her deliverance. It seldom happens that women die in child-bed under the management even of the most ignorant. Where the attendant understands her business properly, there is, comparatively, no danger at all. For the comfort and encouragement of all who thus suffer, I can here affirm, that I have been employed in business of the kind extensively, during a practice of THIRTY YEARS—and I have, *in no case of labor*, where

I have made the effort, failed to relieve the woman with the directions which I have given. Any woman of good sense, and other necessary qualifications, may understand her business so as to fail but seldom. The time usually occupied, where I have attended, has been from one to three hours. By far the greater number, finding relief in one hour. If the directions for the management of the woman in labor be well attended to, I repeat, that few cases will last longer than one hour and a half, or two hours. In all protracted cases of four, six, and even twelve hours, the management is unskillful—either the woman has not been prepared for her time by bleeding, and medicines when necessary, or the presentation of the child has not been kept right—the child is pitched, or something of the kind. In most instances, however, the first child will be attended with some delay, but not more than two or three hours after the proper labor has come on.

Cheerfulness, in the attendants, kept up by relating cases of Mrs. A. and Mrs. B., who lingered some time, but at last, (if otherwise, by no means relate it,) did well. I have sometimes been provoked at some of my aged attendants, who had seen such an one, and heard of others, who were precisely like the case on hand, and she died! I do not ask, or encourage you to retail falsehoods—you, however, can relate such things as will aid in the case, or do that which may be difficult, yet it is practicable.

SECTION 1.

A LECTURE TO THE MIDWIFE.—The instructions in this lecture, though addressed to the Midwife, are, notwithstanding, intended for all child-bearing women. This is one of the chief advantages resulting from the use of this Book, that women, when their time comes on, may be well instructed as to the means, and help needed for their safe and easy delivery. It may be well, then, for every lady who is in a family way, when her time draws

nigh, to take the Book, *and read, with care and attention, at least the whole of this Lecture*; and, if she has to entrust herself to the hands of the ignorant, she may profit greatly by reading over and over again, the whole treatise on the subject of *Labor*. By so doing, she may guard herself against injuries and abuse, and may even be enabled to give instructions for the management of her case.

I. The lady who expects to be brought to bed in a short time, should look well to the state of her health. If she be billious, a few doses of the pills No. 1, in the table, should be taken every night. If she is not billious, the milder pills marked No. 2, should be used a few times, or some mild purgative. If she be full of blood, and especially if subject to convulsions, she should be bled from the arm moderately. In a word, her system, if possible, should be in good health in all respects—when this is the case, the womb and other parts, will yield to the labor; the system will generally relax, and the time will be much easier, and the woman much better afterwards. Women, subject to flooding after delivery, should always be bled before.

II. After trimming your nails smoothly, examine the state of the woman, and ascertain whether or not the mouth of the womb is soft and opening. If the mouth of the womb is thus opening:

III. Make further examination, so as to ascertain whether the child be right. In this matter, *you cannot be too particular*, as consequences of the most serious nature may result from a mistake. If the child be across, and you suppose it to be right, the labor becomes hard, and the waters are broke—the womb then cramps down hard upon the child, and it will be extremely difficult to turn it. If, however, the mouth of the womb is not opening, and the pains are strong, means must be used to relax the system. The woman must be bled from the arm, unless she be weakly; and immediately sweated by the use of the vapor

bath. [*Which see.*] Having thus, by sweating, relaxed the womb, let examination be made as above, to know whether the child be right—that is, whether you can feel the head with your fingers. I cannot caution you too much on the subject of knowing whether the child *be right*—*exercise your judgment*—feel carefully the part of the child which can be reached. Feel, also, in the time of the pain, when the child will be pressed down, and surely you can tell whether it be the head, the breach, or the back of the child you feel. You know the bones of the head differ from the breach and from the back, and these differ from each other. Never tell the suffering woman “*all's right*” till you have fully known that you feel the head in its proper position. Let not my precautions drive you to despair, however—the work is simple and easily performed—take courage from these instructions, and gently feel with your fingers till fully satisfied, but never exclaim ALL'S RIGHT till, in fact, you are sure that all *is right*. Suppose an infant should be placed under a lady's cloak, and you were called upon to feel with your hands, and tell what part you felt. You surely would have no fears but you could perform it. The case is much the same.

IV. Having thus ascertained that the mouth of the womb is opening, and that the child is right, you may next notice if the pains be of the right kind—whether they draw down, or only around the woman. If they are not the right kind, use teas of ginger, black pepper, or the like; to which you may add spirits if you choose. Give freely of this till the pulse is raised and the system warmed generally. Should the teas fail to raise a sweat and regulate the pains, use the vapor bath as directed in the table. The powder of ergot may also be used—labor goes on much better, and the woman bears her misery much better, while the system is relaxed by perspiration. If the mouth of the womb be hard and unyielding, no means can be used, after the necessary bleeding and medicines, that will succeed so well to relax the system generally, and thus prepare the woman for a speedy and easy delivery, as the vapor bath.

V. The vapor should be made to pass warm and freely upon the hips and thighs of the woman; by this means, the skin will be softened and relaxed; the parts will yield freely to the child, and there will be less pain, and much less danger of injury. In all cases, however, where there is fulness in the head, or pain, the woman must be bled.

VI. The position of the woman should now be attended to. Until labor comes on properly, (unless you are sweating her,) she may rise up, set down, or lie down; but, when labor fully comes on, some regard should be paid to her position. I suffer them either to lie in bed, or sit on the lap, if their strength admit, but not to change too often, lest it might back-set them.

VII. Having thus prepared the woman so that labor is properly begun, you may now attend more closely to the progress of her labor. Examine often whether the head advances a little by every pain. The better way is to keep your hand there, and this will prevent the pain and irritation of introducing your fingers so often. If you find that the head does not advance, although the pains are forcible, it may be expedient to move the head of the child from side to side, in the pelvis, and by this means, it may be regulated so as to move with the pains. The bulk of the child should be kept straight with the woman, by pressing it on the outside when necessary. The woman herself must be kept in a proper position, in order that the pains may force away the child as much as possible. She should, also, be exhorted to hold her breath and try, by her own efforts, to aid in forcing away the child. If necessary, the teas above directed may be used from time to time, to keep up the labor.

VIII. As nearly as you may be able, from all the circumstances of the case, inform the woman of the progress of her labor, and the prospects of a safe and speedy delivery. In order to do this, you must judge from the condition she is in, the nature of

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her pains, and the position and advancement of the child. Should all things be in good order, and due attendance be given, one or two hours will bring relief.

IX. Direct some of the attendants to provide a suitable cord to tie the naval, and a pair of shears to clip it, that they may be in readiness when needed.

X. When the head comes near, and is about to be born, place your hand on the part behind the birth-place, called the perenium, and press gently, but firmly, against the head of the child, to prevent her being torn or injured. You may, also, greatly assist where the labor is slow, by pressing and moving the head of the child from side to side, with your hands, and aiding as much as possible in advancing it on. The soft part of the finger, not the nail, must be used.

XI. When the head is born, exhort the woman to be patient a moment only, while, with your fingers, you feel for the arm-pit of the child, and hooking your fingers round the arm, aid the pains till the child is born. If the pains be strong and regular, nothing more will be necessary, when the head is born, than to hold a moment for the next pain, and then give such assistance as you know will not hurt the child. When the child is born, you will sometimes find the naval string around its neck. In the best way you can, raise the child up to the mother, and lift the cord from around the neck.

XII. Something should be at hand to wrap the child in, while immediate attention should be given till it cries or breaths. As I have before informed you, the circulation of the blood in the child, immediately undergoes a change—but off from the circulation through the naval, it now must circulate by the action of its own heart. Should it not breathe immediately, spirits, or spirits of camphor, may be applied freely to the stomach and head of

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the child. After repeating this a few times, if breathing is not excited, the means directed in case of still-born infants, should be used without delay. [*Which see.*] I am aware that some writers have objected to the use of spirits or camphor on the child, under a belief that its use causes inflammations and congestions. I am of opinion, however, that they have not spoken from actual experience, but from theory alone. It is very evident, that the action of the cold air upon the tender babe, will be more likely to cause congestions and inflammations, than the warming influence of spirits. The common practice of all, and its success is not doubted, is to apply camphor or spirits to the head or bowels of infants, to relieve internal congestion or inflammation. Be the theory what it may, however, actual experience, for more than *twenty years*, satisfies me that spirits or camphor, in such cases, may be used without the least apprehension of danger or injury to the child.

XIII. In the mean time, while attending to the child, the mother must not be neglected. If she be feeble or sick, direct the use of camphor or hartshorn on her temple, and a little wine, peppermint or toddy, to be taken inwardly. If she be chilly, which is often the case, let her be warmed as soon as possible. If flooding—*See the remedies.*

XIV. Having, by whatever means, caused the child to breathe, you may next tie the naval. For this purpose, a cord or a string of four or five threads, twisted together, will be necessary. The string may be placed about two inches, or even three, from the child's belly, and tied firm and good. The cord may then be cut a little from the string.

XV. The woman may now be cleared or delivered of the after-birth—taking hold of the naval cord, you may gently pull it back and then forward, while, at the same time, the stomach of the woman may be rubbed, in order that the womb may contract

and expel the after-birth. By thus gently working a few minutes, the woman may be cleared, unless the after-birth be grown. [*Which see, under that head.*]

XVI. The next thing to be attended to is, putting to bed. The bed should be prepared by spreading a thick quilt on the tick, and the sheet on that, and the woman laid down—you then apply a bandage tolerably tight round her waist, and a cloth oiled and warmed to the parts. There are many foolish notions of raising the hands over the head, lying on one side one hour, and then on the other, which are all nonsense—the woman may be in any position she prefers. Due notice must be paid to her, however, till she fully recovers.

XVII. WASHING THE CHILD.—In regard to the washing of the child, some medical writers contend that the child should be wrapped in flannel a few days till the scurfy matter dries and rubs off, while others affirm that the matter should all be washed off, lest it irritate the skin. For my part, I see no material advantage resulting from either cause, except under different circumstances. I do not believe the scurf on the child will injure the skin in the least, if suffered to remain. Nor, will the child be injured in the least, by washing it off, provided the babe be kept warm while you are at it; consequently, should the house be cold, or should the child struggle and cry, it doubtless will be best to wrap it up, or dress it immediately, with but little washing.

XVIII. DRESSING THE NAVAL.—If the child does not cry and struggle, the dressing of the naval may be deferred till it is washed. When it cries hard and struggles much, the dressing should be attended to immediately, and the belly band put on. Should this be neglected, the bowels of the infant may be forced out at the opening, and thus cause hernia, or other serious injury. A soft piece of cloth, large enough to be doubled, will be necessary;

by doubling it twice, you may cut the corner, and thus make a hole in the middle. Having put the naval string through this hole, double the cloth over from each side, then double the lower part up towards the child's face on the naval string, carefully holding this to its place, you will put the bandage or belly-band on around it. This should be carefully pinned, not too tight, but moderately firm—this being done, the child is ready to be dressed, which may be done to suit the fancy of the mother.

XIX. Something for the child to suck is now necessary. I have for many years used a piece of fat bacon, cut long, and in proper shape, because it answers the double purpose of feeding the child and purging off the mœconium.

XX. In some instances, the child seems to be choked or strangled with phlegm. For this, a few drops of salt and water put into its mouth, will generally give relief. Alum water, or any simple thing, may be used. After these means, the child may be put to the breast, if the mother have milk; if not, it may be suckled or fed otherwise.

XXI. In the mean time, attention should be given to the woman, to know whether she wastes or not. She may have a cup of tea or coffee for refreshment, and be instructed to lie entirely quiet. If the weather be warm, she should be kept cool—if cold, let her be kept warm.

XXII. More or less trouble is experienced from after pains. Immediately after the woman is put to bed, if she be troubled with pains, a portion of Bateman's drops, or a tea-spoonful of paregoric, or of Godfrey's cordial, or ten or fifteen drops of laudanum, may be swallowed, while the common teas may be used if necessary—a dose of morphine is good. Should the pains still continue, the bowels must be worked off with castor oil, or the like, and the drops and teas again used. A tea made of sena

leaves, to which may be added a little salts, if necessary, used so as to keep the bowels regular, is more suitable.

SECTION 2.

DIFFICULTIES WHICH MAY HAPPEN IN TIME OF LABOR.—1. The want of regular bearing pains, often protracts labor beyond the usual length of time. This difficulty is readily known—the pains seem to draw around the woman, instead of drawing the stomach down—and though sharp and severe, they last but a moment; and, consequently, do not move the child much.

In many instances, a free use of warm teas, to raise the circulation and warm the woman, will be sufficient. If, however, the teas should fail to bring on the right kind of pains, the stomach may be rubbed with hot spirits or camphor, the vapor bath used, and the hot teas repeated till perspiration be raised. It will generally improve the pains to rub the stomach of the woman with your hand, just after each pain. I have, also, found it of great benefit to keep the fingers on the child's head, and move the head of the child first to one side and then to the other, with the fingers. This is the great secret of speedy labor. There is no harm in this, provided you are careful not to hurt the child or the woman, and yet you may move the pains more by this means than by any that I have ever tried. This is a discovery of my own. I have no recollection of seeing it in any work. It has been of more advantage to me than any one remedy in the whole business.

2. The mouth of the womb may be turned back or under, so that the labor will not progress. To remedy this, you may oil your fingers, and reach them up till you can place them in the mouth of the womb, then gently draw it forward till it comes right. This must be done before the pain comes on, and with great care.

3. The child may be pitched to one side or the other, or may not be turned right in the bones. When this is the case, the head will seem to advance when the pain is on, and yet when the pain ceases, the head of the child will return again nearly as it was before. For the relief of this, you must introduce your fingers, and bring the head straight in the bones; while, at the same time, the bulk of the child should be pressed straight in the woman's stomach. This difficulty may, in some instances, be remedied by causing the woman to rise to her feet for one or two pains.

4. SICKNESS AND VOMITING, in some instances, hinders the progress of labor. To relieve it, a little mint drops, or a little toddy, or cologne water, or any thing of the kind that will settle the stomach, may be used, till the labor is accomplished.

5. Convulsions, or fits, sometimes take place in time of labor. In such cases a physician should be called, if practicable. In the mean time, however, even before the physician can be had, you may bleed the woman freely, even three pints, from the arm. Nothing but extreme weakness of the patient should prevent you from bleeding. After bleeding has been performed, ice, cold water, or cloths, wet with such water, may be applied to the head, and at the same time the feet well bathed in warm water. In the mean time, every effort should be used to deliver the woman, which may give relief from the convulsions. In some instances, where the convulsions continue long, relief has been had by bathing the woman all over in warm water, and administering twenty or thirty drops of laudanum for ease. Injections or clysters should be used freely. [*See table.*]

6. BREAKING OF THE WATERS.--When labor goes on in a natural and regular order, the waters presently gather upon the head of the child in a little sack or bladder, and when the head advances but a little in the bones, the membrane containing the child, and

the waters, usually breaks, and the waters are discharged; after which, the child is soon born. In some instances, however, the membrane seems to be tough, and does not break at the proper time. This protracts the labor. I generally break the membrane with my finger nail, so soon as it becomes tight and filled with the waters. If this circumstance be properly attended to, it will shorten the labor very much. In some instances, the membrane break even before the womans time has come on. I have known a few instances in which the membrane broke as early as the seventh month. When this misfortune happens, labor must take place, although it may be premature; for when the waters have escaped, the child could no longer be nourished in the womb. In other instances, the membrane breaks just at the time when labor is about to come on—and, by this, the woman knows that her time is at hand. In such cases, it may be well to remark, that labor will be more tedious, though it is attended with no more danger. If the pains should not come on soon after the waters break. The course already laid down, viz: First, to know that the mouth of the womb is opening. Secondly, that the child is right, and then that the pains be of the right kind.

7. MOUTH OF THE WOMB DOES NOT OPEN.—This is sometimes a great difficulty in labor. The pains are strong and lasting, and yet of no avail, till the mouth of the womb opens. In such case, the woman should be bled from the arm, and sweated with the vapor bath. [*Which see.*] This will generally relax the womb, and cause it to open, and the labor to go on kindly. Should it fail, however, a pill of opium, or a few drops of laudanum, or Bateman's drops, may be taken to quiet the pains; and, by this means, the womb will relax, and labor comes on right.

8. ENTIRE CESSATION OF PAINS.—In some few instances, I have known the labor to stop entirely, and the woman to get easy. If this should take place after the labor has progressed considerably, it will endanger the child greatly; and, consequently, all means

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should be used to raise and keep labor-pains. The ergot, and a sweat, by the use of strong teas and the vapor bath, should be used, and the labor may be kept up, as I have informed you, by moving the head of the child with the finger, at every time when you wish the pain to come on. This expedient has succeeded better in my hands than any other means I have yet know. The position of the woman may be changed to the lap or otherwise.

9. AFTER-BIRTH GROWN.—You will recollect that I told you when speaking of pregnancy, that the after-birth is grown to the membrane, and the membrane to the womb, so that the after-birth, in time of pregnancy, is attached to the womb. When labor comes on properly, and advances in the natural way, the after-birth separates from the womb, and is ready to be delivered when the child is born, or will readily separate and come away very soon after. In some instances, however, it remains attached or grown to the womb after the child is born; and though you may wait a short time yet, if it does not separate. This is what is called *Grown*. The removal of the after-birth in such cases, requires both prudence and manual skill. Midwives in this country, are generally without books—and hence, have but little knowledge of such cases. I have been called thirty, forty, and even fifty miles, to attend such unfortunate victims. In some instances, it has remained one, two, and even six and seven days, before I was called to remove it. In justice to the midwives, however, I may say, that in some instances, physicians of good reputation, were present, and had failed, also, in delivering the after-birth when grown. I depend, almost exclusively, upon manual skill, or the use of the hands—hence, it will scarcely be necessary to state, that much will depend upon the size and dexterity of the hand in such cases. A woman or man, with a large hand and fingers, could not, generally, be successful, either in removing the after-birth in such cases, or in turning the child in cases of cross-birth.

Midwives, therefore, of ordinary skill, who may not be well

qualified in all respects for cases of such difficulty, will be deemed more prudent, should they send for some physician who has skill in this part of his profession—in order, however, that the prudent midwife may learn, and also, that those who cannot obtain assistance, may act under instruction. I will here, in the best manner that I can, describe the process by which it is accomplished: The hand, after paring the nails very smooth, is to be well oiled, and also the birth-place of the woman—bring the fingers together as much as possible—you will then cautiously and gradually introduce the hand into the birth-place, so as to cause as little pain as possible—when the hand has passed fully into the birth-place, it will give no distress—you then feel for the after-birth, which will be readily distinguished, either by the cord or a lumpy or knotty feeling—having thus placed your hand upon the after-birth, the fingers may be run round where it is attached, and while the motions and pressure of the fingers thus separate it from the womb, you may still bring it down until the hand is fully grasping the after-birth. Then, with a gentle motion of the hand, move as if you would take the hand from the womb, and the pains being raised, will aid in expelling the after-birth thus held in your hand. In all this, however, you must act gently and cautiously, and so continue, till the woman is relieved. Should flooding or wasting follow, see *Flooding*. Of one thing, be well assured, that you must not pull at the after-birth, so as to injure the woman.

10. AFTER-BIRTH RETAINED BY SPASM OR CRAMP OF THE WOMB.—This shocking case is fortunately of very rare occurrence. It may be known by the excruciating and spasmodic pains which ensue; while the womb, in the lower part of the stomach, may be felt on the out side, in a hard, firm, ball—contracting on, and holding the after birth, so that it cannot be easily gotten away. In these cases, I need not tell you an experienced physician should be called without delay. It sometimes happens, however, that the unfortunate victim is so situated, that professional aid can

not be had—thus doomed to breathe and agonize under pangs the most heart rending and excruciating that mortal flesh can bear, she gladly seeks aid from any who can or will act.

In such cases, the midwife has no choice—let her gird herself for the work, and nobly venture forth—let her, also, take courage in trying. Here are simple instructions, and surely you can follow them. In the first place, administer opiates freely, thirty drops of laudanum, or a pill of opium, given and repeated in twenty or thirty minutes, provided the woman is not weakly, or a tea-spoonfull of paregoric, or a table-spoonfull of Bateman's drops, or that which is better, a dose of morphine. Having administered this portion, you may, as speedy as possible, place the woman in a vessel of warm water, so that her hips and thighs and stomach may be well bathed. If this be inconvenient in any way, the vapor bath may be administered, so as to raise perspiration. [*See table.*] In this condition of the system, you may, having oiled your hand well, carefully, as before directed, pass your hand into the birth place, then feeling for the mouth of the womb, endeavor, with your fingers, carefully, to open the mouth of the womb. If prudence be used, there is no danger in attempting to open the mouth of the womb. If, by such endeavors as may do no violence to the woman, you can open the mouth of the womb, pass your fingers, and then [waiting a little for the womb to relax.] pass your hand into the womb, and get hold of the after-birth, which may, by gradual and gentle motion, be brought away. If, however, you find the womb too much cramped to be opened by gentle means, you must again repeat the opiates as above, and by all means raise a full perspiration. In which case you may always succeed.

11. STILL-BORN INFANTS.—When the infant is born, as has been observed, you will first apply the spirits, or camphorated spirits, to the breast and stomach of the child, and also to its head, after using this freely, however, if the child does not breathe or cry, further means will be necessary. Immediately place it in warm

water up to its neck—then placing a bellows (if at hand,) in its mouth, and forcing the air in, so as to fill its lungs, you will press with your hands upon its breast, and force the air out again—again blow and fill the lungs, and again press it out, and thus continue for half an hour or more, till you are well satisfied that the child will not revive.

If the bellows be not at hand, other means of filling the lungs may be used. A large syringe may be substituted, or the midwife, or any one else, may place a clean cloth over the mouth of the child, and holding its nostrils, may blow into its mouth so as to fill the lungs.

PART 6.

MANAGEMENT AFTER BIRTH.

SECTION 1.

AFTER-PAINS.—The first thing which claims our attention, after the lady is put to bed, is *After-pains*. When after-pains are only slight, and give no distress, nothing more than mild teas will be necessary. When, however, the pains become troublesome, recourse must be had to medicines and drops: some purgative medicines to move the bowels, will be highly beneficial. Castor oil will, generally, suit best—salts and senna, or senna tea alone, will, however, answer very well, and will be best in cases of after-pain. Ten or fifteen drops of laudanum, in a little warm tea, or a tea-spoonfull of paregoric, or a table-spoonfull of Bate-man's drops, may be administered, and repeated if necessary every hour or two, for several times; applications, also, of hot ashes in a cloth, or hot salt, may be made to the stomach over the womb; a dose of morphine is good. If these means fail to give relief, you may suppose that bad health is the cause; hence, you may examine the tongue and other indications, and if the stomach be billious, or the system affected with cold, the purgative pills No. 1, may be used; after their operation, the drops may be repeated. In many instances, a glyster of thin starch with a tea-spoonfull of laudanum, will be highly beneficial.

SECTION 2.

REGULATION OF THE BOWELS.—Particular attention should be given to the regular action of the bowels. Some purgative should be used, and repeated as often as necessity may require, till the woman regains her health. This is a matter of the first importance.

After the bowels have been properly moved with castor oil, or some tea, some good purgative pills may be used regularly. For this purpose, the pills No. 2 in the table, will answer extremely well—or, if it be prepared, the garden rhubarb, or a tea of peach tree leaves, or any of the vegetable purgatives, may answer.

SECTION 3.

SORENESS OF THE BIRTH-PLACE.—Even when all possible precaution is used, some ladies suffer more or less from soreness and swelling after delivery. This is especially the case in difficult and protracted labors. This, however, does not make amends for that barbarous, rash and murderous usage which maims and afflicts some unfortunate victims, even till death brings relief to the sufferer.

When, however, the soreness and swelling are only slight, a liniment made of the following composition, will be sufficient: Take sweet oil, or melted fresh butter, or good hogs lard, four table-spoonsfull, camphor prepared with spirits, one table-spoonfull; laudanum one tea-spoonful—with this mixture, moisten a soft cloth, and apply it as often as may be necessary. A mixture of one tea-spoonfull of sugar of lead to two table-spoonsfull sweet oil, is good.

If the woman be able to rise, great relief may be had by bathing and washing the parts well in milk-warm soap suds, prepared of castel soap; or, at least, a weak suds. Also, milk and water, or a mucilage or a tea from the twigs of sassafras, or of bark of

slippery elm. When, however, the pain, soreness and swelling, are of more aggravated form, we term it—

SECTION 4.

INFLAMMATION OF THE BIRTH-PLACE.—This is only an increase of what we have treated above. In the present form, which we term inflammation, the heat, pain, and swelling, are more distressing. Although this affliction is usually caused by rough handling and harsh management of the midwife; yet, it may arise from cold, taken soon after delivery. From whatever cause, however, it demands prompt attention; and, if neglected, it may terminate in mortification and death.

TREATMENT.—If the woman be feverish, and the pulse at all strong, or, in fact, if she is not extremely feeble and weakly, bleeding from the arm will be highly important. It relaxes the system, reduces the fever, and prepares well for other remedies. Purgative medicines are also important means; salts and senna, or salts alone, should be used and repeated, so as to keep the bowels in regular action. Other purgatives may do, but this, I think, is generally best.

A wash of dog-wood ooze, or of white oak bark, or a solution of sugar of lead, prepared by dissolving a tea-spoonfull of the sugar of lead in a quart of water, or wash of alum and borax. [*See table.*] With either of the above preparations, the parts may be well washed repeatedly, till the inflammation be subdued. If the weather be cold, the wash should be warmed. If, however, the weather be extremely warm, the wash may be cold. Cloths wet in the wash, may be laid on the parts, and renewed from time to time, till relief be had. The vapor bath, in this affliction, after the bleeding and purgatives, is one of the most important remedies of which we can avail ourselves. It often acts like a charin. The vapor relaxes the parts and subdues fever, and the woman feels immediate ease. Where the woman is con-

siderably feverish, however, it will not do to use the vapor bath without first bleeding—and, if the woman has taken cold, a tea of snake root may be given at the same time to aid perspiration. Should the above means fail to give relief, purgatives of calomel, or the blue pill, should be used, while the applications may still be continued. Injections into the womb of sugar of lead, or alum water, may be used—and, eventually, if necessary, a large blister over the region of the womb: that is, on the bottom of the belly; especially, if there be pain and heat there, or a large soft poultice of vinegar and wheat bran, or the like, may be laid over the bottom of the belly. The poultice, even in the commencement of this affliction, may often be used with great advantage.

SECTION 5.

LOCHIA OR DISCHARGES FROM THE WOMB.—All child-bearing women know very well what we mean by the term *Lochia*, as above described. This discharge seems to be necessary for the cleansing of the womb and the health of the woman after she is delivered. The appearance and quantity of this discharge, may be different in different individuals, and even different in the same individual at different times. When it comes on in a natural and healthy way, it continues moderate for three, four or five days, and then subsides. Like other discharges, it may, in some cases, be excessive, or too great; while, in others, it may be defective, or too small. When the discharge is too great, cooling purgatives and a wash of the dog-wood ooze, or white oak, or the sugar of lead, as described above, with which the birth-place may be well washed as often as may be necessary. The ooze should be about milk-warm—the alum water, or a tea of the alum root, may be used. The woman, however, must be kept cool, if in warm weather; and, if in cold weather, of moderate temperature. When the discharge is defective, or not enough, the same sort of purgatives, as above described, together with the use of balm or snake root tea, will generally give relief. Should they fail, however,

the vapor bath should be used, and a tea prepared of either seneca or black snake root, and about three or four table-spoonsfull taken every three hours; while the purgatives are still to be continued. Should these means fail, we may look to the system, whether it be bilious: and, if this should be the case, some of the pills No. 1, may be used a few times, till the system is purged of bad bile; after which the teas will relieve.

SECTION 6.

DIET, DRINKS, &C., FOR THE WOMAN.—No positive instructions on diet can be given—one woman might, with safety, use a diet which would certainly prove fatal to another. General instructions can be given, however, which if you will observe them, may save you from every difficulty of the kind, to wit:

I. Use no crude or indigestible food, such as cabbage, turnips, and the like.

II. Use nothing that will gripe you, or cause pains, such as cold milk, vinegar, or the like.

III. Use only such things as you have tried, or such as you have reason to believe will agree with you. In general, teas of almost any kind, coffee if desired, panadas, thin and mild soups, rice, and the like, may be used in safety. For the first few days, these will be sufficient: after that time, if the health of the woman seems to improve, a stronger diet may be used.

SECTION 7.

Perhaps nothing which can be done for the woman, while lying in bed, will be more important than a proper regulation of temperature. Women, at such times, are, generally, smothered up with heat, without regard to the weather. While, perhaps, in

cold weather the house is open, and the cold air suffered to blow directly upon her. Now, once for all, I repeat to you, that the woman should be comfortably warm in the time of cold weather, and cool in very warm weather. In cold weather, particular attention should be paid to her when rising from the bed, that she does not even put her foot on any thing cold, while the cold air must—by some used—be kept from her bed. If the room be open, let quilts be hung all round the bed in form of curtains, or some means used by which she may be kept comfortable. No matter what her health may be, she will take cold if exposed.

SECTION 8.

MILK FEVER.—When nature is about to produce milk in the breasts by secretion, the effect of such increased action will, doubtless, be felt in the whole system; consequently, if the system be in bad health, the increased action will amount to fever, which may be more or less aggravated, according to the state of health. Hence, the great importance of keeping the bowels in regular action—the discharges from the womb, in natural order, and the whole system free from the effects of cold, and in general good health; when this is the case, the milk will appear at the proper time in the breasts, without creating fever to any extent. When, however, the system is not in health, purgative medicines may be used, and some mild applications made to the breasts, in order to subdue the fever. Equal parts of sweet oil, camphorated spirits and laudanum mixed, may be applied on a cloth, or any mild, warm poultice. When the fever seems to be more violent, the skin dry, and the system full of blood, it will be expedient to bleed from the arm, use purgative medicines as above directed; apply liniment or poultices to the breasts, and use some mild teas to encourage perspiration.

In the mean time, the child should be put to the breast and continued, till the milk flows freely. A foolish notion is entertained by some, that the first milk is unhealthy for the child.

Nothing, however, could be more erroneous—it is the very food needed to purge off the meconium, and thus prepare the system of the child. It is the very food which nature provides; and, consequently, that which the infant should have.

SECTION 9.

LUMPS AND SORENESS IN THE BREASTS.—This affliction, which is sometimes called the *Weed*, is generally brought on by cold, or some other bad health of the system—possibly, in some instances, from neglect to have the milk drawn. From whatever cause, it throws the woman into fever, interrupts the discharges from the womb, and thus brings on distress.

TREATMENT.—The first thing to be attended to is, to learn the state of the health by the tongue, the pulse, and so on. If the system be full of blood, bleeding from the arm will be highly beneficial. No remedy in our hands is equal to the lancet in cases of inflammation—it removes congestions, equalizes the circulation, and prepares the system for the use of other remedies.

After bleeding, the pills No. 1, in the table, may be used, till the bowels be purged off well. In the mean time, the vapor bath, as directed in the table, will be highly beneficial; some sweating teas, ginger, the balm, horse mint, snake root, catnip, or the like, may be taken while the vapor bath is being used—applications may also be made to the breasts. Poultices, or applications to sweat the breast, which may be hard, should be used. For this purpose, many expedients have been tried—catnip, swamp lilly, lie mush, and so on. In the choice of poultices, however, there is no great difference—any poultice that will keep up constant warmth and moisture, will be good. I have known a cloth, coated over with bees wax and tallow applied so as to keep up a constant moisture very good—ointments and liniments should also be used. The æther and camphor, made by dissolving the gum in spirits of æther is, perhaps, the best. I usually add a small

portion of laudanum to it. Equal parts of camphor, from your bottle, sweet oil, and laudanum, shaken together, will make an excellent liniment, which may be applied before the poultice is laid on. While these remedies are being used, the milk should, by all means, be kept well drawn. When these means have been properly used, if lumps still remain in one or both breasts, the calomel pills must be used and repeated—the liniment renewed, and all the treatment still continued, a blister drawn just over the hard part, will often put back the rising.

SECTION 10.

DRAWING THE BREASTS.—Drawing the milk from the breasts, is a precaution which may, in many instances, remove all lumps, and prevent the breasts from rising. In cases of sore nipples, or where the nipple is entirely destroyed, there is great trouble. The best expedient is to employ some person who understands drawing, and have the milk drawn entirely, and thus kept drawn till the breast is relieved. You may make a simple contrivance of a gourd neck, somewhat resembling the nipple glass; take a gourd neck of any length, which crooks or bends, prepare the end joining the gourd smooth, to put over the nipple, or the place of the nipple, let a small hole be made in the other end, then dipping the gourd neck into hot water, you apply the end prepared, and with your mouth draw the milk. The milk thus drawn, will gather in the crook of the gourd, and when filled, you can empty and again apply it. This is an excellent substitute for a nipple glass, a bottle filled with warm water, or a proper nipple glass may be used.

SECTION 11.

RISING OR BEALING OF THE BREASTS.—When the lumps described above run into inflammation, and no relief is had, the breast soon rises, or beals. Perhaps, no agony to which the female is liable,

can be more acutely distressing and harrassing, than the bealing of the breast. A keen lacerating and throbbing misery, which pierces the very vitals, and exhausts all patience. Where the inflammation and swelling commences, the color and heat of the breast are greatly changed; and, in most instances, the woman complains of chilly feeling, and possibly may have severe chills. To put back this bealing, no delay should be suffered. It will be best to employ a physician. Lest some circumstances may prevent this, however, I will here give you the treatment:

TREATMENT.—The means recommended to put back a rising in the breast, should be actively and efficiently used, to wit: Bleeding, if necessary; the calomel pills, poultices, and the vapor bath. When these remedies have been fully tried, and yet the violence of the inflammation is unabated, we may change the object of our remedies, and use means rather to hasten supparation. For this purpose, you may use a poultice of flax seed, poultices of lie nush, white shoe make, and the like; sweating of the breast is also an important remedy; blisters have been used—camphor and laudanum applied, will afford some relief.

SECTION 12.

SORE NIPPLES.—Among the number of afflictions which may harrass and torture the child-bearing woman may be reckoned, the one which we term sore nipple. Its symptoms are fully known by the import of its name. Sometimes only a very small sore on one side of the nipple exists; in other instances, however, I have known the whole nipple to slough off.

TREATMENT.—A solution of the sugar of lead—a tea-spoonfull to a pint of water, with which the nipple may be washed, just after nursing or suckling the child, is the best remedy: A solution of borax, used in the same way, will often succeed very well.

A small plaster of pitch or tar, may be neatly prepared and placed upon the sore to protect it till it can heal up.

SECTION 13.

CHILD-BED FEVER, OR COLD.—The author is aware that some writers consider child-bed fever a complaint entirely different from the one of cold: a disease which they suppose comes simply from the change which the woman undergoes when the child is removed from her. Be this all as it may, it will be of no avail in this practical treatise for family use. The author, however, from his own long experience, believes that such fevers result either from cold or soreness and injury, which come from hard and protracted labors. Cold may be taken, and often is, at the time the woman is delivered.

SYMPTOMS.—Child bed fever comes on about the second, third, or fourth days after delivery; but, when it is caused by cold, may come on even later. The woman becomes chilly or feels sensations of cold and heat; has more or less pain and soreness in her bowels, about the region of the womb; fever soon comes on, which continues more or less, from day to day; the tongue is dry, the countenance depicting anxiety and restlessness; the discharges from the womb are much interrupted, or entirely stopped. In some instances, the abdomen or belly, swells up, as if filled with wind; the whole region of the belly becomes tender, sore, and feverish; the pulse is often feeble and fluttering; sometimes the mind deranged. In the latter instance of puffing or swelling of the abdomen, pain and soreness, fever and delirium, the danger is extreme, and the disease truly alarming. The disease, in such cases, consists in active inflammation through all the skirts lining the abdomen, and perhaps the whole region of the womb; which, if not relieved very soon, will terminate in mortification and death.

In the milder form of this complaint, which usually comes from

cold, taken either just before, or soon after delivery, the treatment is simple :

1. If the woman be full of blood, which is sometimes the case, she should be bled from the arm. She may, whether she be bled or not, take some mild medicine to cleanse the stomach. The best thing in such cases, is the ipecac and calomel powders. [*See table.*] Three of these powders, taken one every two hours, worked off with warm soup or gruel, will move bile from the stomach, break the phlegm, and in most instances give relief. Should this remedy be inconvenient, however, a few of the pills No. 1, may be taken and repeated, till the stomach be cleansed in this way. The lady may then prepare a tea of some mild nature: the ginger or balm may be sufficient, but the black snake root, or what is known in this State as the seneka or senega, is best. A tea of this kind may be used, and the pills repeated, till relief be had; should they fail, however, a sweat, by the use of the vapor bath, may be used. In all instances, if the lower part of the belly be sore or painful, a warm poultice of lie mnsh, catnip, vinegar and wheat bran, or the like, should be used. If the birth-place be sore, see soreness of the birth-place; and, in the other form of child-bed fever, where the soreness of the abdomen, swelling, &c., will be safer, forthwith, to call a physician.

This complaint is always dangerous. In some instances, it seems to take place soon after delivery, and runs its course rapidly till ended, either by cure or death. In other cases, however, it progresses more slowly.

The first thing to be done in the treatment of this dreadful scourge of suffering woman, is, to ascertain whether or not she may be bled. If it appear that she has strength, bleed her well from the arm. In the mean time, let a good portion of the calomel and ipecac powders be given and repeated every hour, instead of two—should it fail to operate, a portion of castor oil, or sena and salts, must be given to move the bowels—should this fail to operate, syringe or glyster pipe, must be used freely, till the bowels be moved—at the same time, however, large warm

poultices of herbs, catnip, tansy, or the like, boiled and thickened with wheat bran or corn meal, may be applied all over the region of the belly. It will help this poultice very much, if applications of strong pepper tea, or strong brandy, camphor, or spirits of turpentine, or a mixture of several of them, be bathed well on the stomach before the poultice is laid on; and, should the poultice thus used, fail to give ease, a very large blister of flies should be used without delay. Bathing in warm water, when it is practicable, is an excellent help. The oil of turpentine is, by many, thought to be a valuable remedy, taken immediately. When the remedies above have been well used, and yet fail, I should give the blue pill, one pill every three hours, till three be taken, and rub mercurial ointment freely on the belly.

In some instances of this complaint, we find great languor, weakness, and low pulse, instead of the condition above. In such cases, I use one or two of the pills No. 1—while, at the same time, I use a mixture of quinine, snake root, and wine, or the snake root and quinine alone. This remedy, when suited well to the state of the case, often acts as a charm. The poultices, and applications to the abdomen, however, should be used in all cases. When the disease becomes chronic or protracted, we should use the same means, repeatedly, taking care to use purgative medicines only as the patient may be able to bear them.

PART 7.

DIFFICULT LABOR.

By difficult labor, we only intend to include such as are unnatural, either by a wrong or unnatural presentation of the child, or the deformity of the mother. When the head of the child presents, or comes first, and the woman is not deformed, the labor is called NATURAL—*all others are unnatural.*

SECTION 1.

PRESENTATION OF THE ARM OR SHOULDER.—This presentation may be known by feeling the shoulder of the child, or by the arm or hand of the child coming away first. By looking at the plate of this presentation, you may clearly see that the child cannot possibly be born in this way; consequently, it must be changed, or the woman will certainly die. All prudent midwives, in such cases, will send, without delay, for an experienced physician. Should they defer it, however, in this case, or any other of such great importance, let the woman and her friends send without her consent. It may happen, however, that no physician, skilled in this business, can be had—hence, I will give directions for the management of the case:

1. The first matter to be attended to, when you have discovered the arm of the child, as above, is bleeding the woman from the arm. Bleed, *and bleed freely.* No danger can result from

this remedy, with ordinary caution—it relaxes the whole system, and prepares the woman, that the child may be turned.

2. Having bled, (as speedily as possible, if the pains be strong) you may use the vapor bath, and raise a general perspiration. This may all be done in a very short time, if prompt and active attention be given. While you bleed, other assistants may have the vessel of water and the hot rocks all in readiness.

3. When thus prepared, you may oil your hands well all over; take the arm of the child to one side of the birth-place, and carefully pass your hand into the birth-place—you will first feel the body of the child, but pass your hand along, and with your fingers, feel for one or both feet; should there be difficulty in finding the feet, take time and feel carefully for them—they can be found. When, however, you have got hold of one or both feet, then take the arm of the child which is born in your other hand, and push it gently back into the womb, while you carefully draw down the feet; as you push back the shoulders, the child may be made to turn round in the womb, till the head is turned up and the feet comes down—having thus got hold of the feet, you can give gentle assistance, by drawing first one way and then the other, till the child is delivered. There will be some difficulty when the head comes, but, with care and prudence, the child will soon be born. This case has been often shockingly managed, even by physicians. I have known several instances in which the physician called, cut off the arm of the child, and at last the woman died, without being delivered. Those who understand their business, will not think of cutting the arm, but will use it as above directed: to push up the head and shoulders of the child, while the feet are brought down. If there be difficulty in getting the feet, I bring down the head and deliver.

SECTION 2.

CROSS BIRTH—THE BACK OR HIPS PRESENTED.—When the back or hips, or breech presents, of course the child must be doubled.

DIFFICULT LABOR.

In some instances, the child has been born in this way, but there is great difficulty and danger in such a birth. The child is almost sure to perish, and the woman may be ruined. When the labor has advanced so far as to force the child down into the bones, and the pains still continue strong, there is no possible chance to change the child, but it must be delivered, double as it is. Here, again, you perceive, the great importance of early and careful examination. I have, in several instances, known midwives to pronounce the watch-word, "*all things right;*" and yet, upon examination, I found the breach or back presented. If the discovery be made before the labor advances, or before the child is forced down into the bones, the child may be readily turned, by getting the feet as I have before directed, and delivered feet foremost. When, however, the labor has advanced so far that the child cannot be turned, the midwife may prepare the woman speedily, and endeavor to deliver the child double as it is, except the woman be very weakly or feeble—she should be bled from the arm, and freely sweated by the use of the vapor bath—being thus prepared, let the birth-place be well oiled from time to time, and all possible aid be given by the use of your hands, to deliver the child. A blunt iron hook has been used, by hitching it into the groin of the child, and aiding the pains; but, I do not suppose the midwife will be able to manage this to any advantage—all she can do, is thus to keep the system in a state of perspiration, and use teas, if necessary, to keep up the pains, assist with her hands as I have directed, and wait upon the event of the case. The great safety lies in early examination, to prevent cross birth in time.

SECTION 3.

PRESENTATION OF THE FEET—When the feet or knees present, the child must be delivered feet foremost—the midwife taking hold of both feet of the child, will gently aid the pains till the child is born—if but one foot come, however, she should endeavor

to get down the other if she can, without injuring the woman. Great care must also be used, or the chin of the child, when it passes, may tear or injure the woman.

SECTION 4.

TWINS.—By this, we simply mean two children at a birth. We, however, have account of three, four, and even five children at a birth. In the records of medicine, we also have account of monsters, so called, of various descriptions; children grown together, deformed children, and monsters of various descriptions. Of these, I could give you a full detail, but I do not think it would be either profitable or expedient. The less the child-bearing woman has to do with such things in mind, the safer she may be from many of the evil consequences—shocking and revolting, however, as this matter may seem, yet, I venture to inform you that such things have existed. As to the delivery of the woman with twins, there is often great difficulty. The management, however, is much the same as that already given—of course, one child only at a time will be delivered, except in cases where they are grown together. On searching, the midwife will find one only advancing in the bones. If it be unnatural in the presentation, she must turn it as before directed.

There is one circumstance, however, worthy of remark. There is, perhaps, in all cases, but one after-birth—hence, when one child is born, you should carefully examine for the other, lest you should bring away the after-birth before the remaining child. In which event, the child remaining will be likely to perish. The first or second child, in case of twins, is apt to be across. When this is found to be the case, it should be turned, just as in case of other instances of cross birth, to wit :

The attendant should get hold of the feet, and deliver feet foremost. The second child, in case of twins, will be born with less pain, and more speedily, if right, than the first.

SECTION 5.

INJURIES OF THE WOMAN.—All ladies who have borne children, know, most assuredly, that some pain, agony, and possibly injury, are inseparably connected therewith.

The design of this section is, to give some intimation of injuries, which we conceive to be unavoidable; while, at the same time, we point to those which are the off-spring of rashness, ignorance, and imprudence.

1. The bones of the child's head are, in some instances, hard and unyielding; possibly, on account of the womans going beyond her time—which, as we have seen, may be the case. This being the case, the woman may expect, unavoidably, to suffer greater pain, and possibly, more inward soreness after delivery.

2. The child may be pitched in one side or the other. In this condition, the force of the pains will, of course, bear the head against the bones of the mother just at the hip, and thereby cause inward pain and soreness after delivery. If the midwife be present with the woman in time, however, she may, if she be skillful, remedy this evil by adjusting the child to its place in time.

3. Sometimes the pains are forcible and lasting, while the child is across, or otherwise wrong. In this case it is obvious, that the woman will suffer intensely, and that bruises and soreness will remain, even after delivery. As I have before observed, this may be prevented, if attended to in time.

4. In some instances, however, the labor progresses, and the child being across, is not turned, till it is impossible to change its position—hence, it must be born double, which may cause serious injury to the woman. For the satisfaction of others, however, I will here state, that I have been called to several cases of this kind; which, by a proper preparation of the system, and the exercise of manual skill, were so managed as to prevent injury. No woman ever suffered any serious injury in a case where I attended.

5. Injuries may, also, result from a want of proportion between the head of the child and the size of the bones of the mother. This evil, though it may be greatly palliated by means, cannot be entirely prevented.

6. Injuries often result from the delivery of the after-birth. By reference to a plate of the womb, you may perceive that the womb hangs, as it were, by thin skirts attached to each side of the woman; consequently, any rashness in delivering the after-birth, may do serious injury to the tender parts, where the skirts are attached. Pains and soreness, and even risings in the side, have been the result of such rashness.

7. Inflammation of the womb or birth place, may happen either from rude, rash, and incautious handling, or from cold, taken directly after delivery. Thus, I have given a few intimations, by which, the child-bearing woman may learn something of the nature and causes of the injuries to which her condition necessarily exposes her. In the account above, I have given only modest hints at the instances of abuse. A full detail of the horrors and wretchedness consequent upon the abuse of patient and suffering woman, in child-bed, perhaps ought not to be given. The great question is, can these evils be prevented or remedied? I think they may in a great degree.

TREATMENT.—I have given the treatment of soreness of the birth-place, and the like, in another part of this work. If there be soreness or inflammation inwardly, a wash of dog wood ooze, may be used from time to time, as the case may require; the bowels kept regular, and the temperature of the system well regulated, so that the woman may be neither too hot nor too cold—should there be soreness in the side, a liniment of equal parts of harts-horn, sweet oil, and laudanum, may be applied; or, in the absence of this, equal parts of camphorated spirits and laudanum. Should the birth-place be torn, a surgeon must be called, and it must be carefully united by suture or stitch.

PART 8.

UNNATURAL LABOR.

SECTION 1.

DEFORMITY OF THE WOMAN.—It may happen, and indeed has happened, in some instances, that the bones of the woman are too small for the birth of the child. In such cases, when we have fully known the fact—which, in all instances, should be ascertained by a skillful physician, of course, the child must be removed by the help of instruments, or by dissecting. I, however, have attended over three thousand cases of child birth, and I have not met with a single case of this kind. Of course, it is of very rare occurrence. I have been called to such, as supposed, but delivered without it.

SECTION 2.

DEFORMITY OF THE CHILD.—I have before told you, that deformity of the child has happened in one case out of many thousands, but is, indeed, of such rare occurrence, that it might almost be said, not to happen at all. The Siamese twins, which are grown together, constitute an instance of this kind, and were removed from the mother by the Cæsarian operation.

SECTION 3.

USE OF FORCEPS TO DELIVER.—The forceps are formed of two thin steel plates, each having a handle, and so constructed as to fit together in a joint, when placed on the child's head. The forceps carefully fitted in this way, form a handle—by the use of which, the operation gently aids in bringing away the child; though, in such way as not to injure the woman, and if the physician be skillful, he will very rarely injure the child.

There is a child of Mr. D ——, now living in Carroll county, which was removed from its mother, while she was actually dying. Mr. D.'s wife was taken with the fever, while she was in her eighth month of pregnancy. He employed a steam doctor to attend her, and she, in a few days, sunk under the disease, and all saw that she was dying. The ladies in attendance persuaded him to send for me, that the child might be delivered before the woman died. This done, in great haste, and I found the woman in a state of stupor, really dying. I delivered her of the child, and he is now living.

SECTION 4.

DISSECTING THE CHILD AWAY.—As has been before remarked, it may happen that the woman may be too small, or the child too large, or deformed, so that it cannot be born in the natural way. When this is the case, and the woman cannot be relieved with the forceps, it may become necessary to dissect the child. Of course, an experienced physician will be called, as no woman with such education only as women in such business generally have, will neither use the forceps, or attempt to dissect the child.

In all these instances, we are constrained to venerate the care of that omniscient Providence, which is ever exercised over the suffering woman. Out of several thousand cases of child-birth, which the author has attended, only three have required dissection! And the author does not believe they would have required

UNNATURAL LABOR.

it, had he been called in time. What but the superintending care of Divine Omniscience, could thus provide for sorrowing woman? In cases of this kind, the suffering mother should not hesitate, when it has been fully ascertained, which, in all cases, should be by a skillful physician, that the child cannot be born without the operation; humanity demands it, and reason sanctions it. One thing we know, that if the woman die without relief, the child will die also; consequently, we should look to her case in time. Let the midwife in attendance carefully examine, and wait patiently till satisfied, that relief cannot be had. In this, her best judgment will be demanded—she should neither be frightened too soon, nor, by hard-headedness, delay too long. I have several times been called a distance of forty or fifty miles in time only to view the corpse of one who had suffered four or five days in the anguish of labor, protracted by the ignorance of the attendant. If there be error at all, let it be on the side of mercy—never let your obstinacy and ignorance reduce a fellow mortal to such a death.

SECTION 5.

CONCEPTION OUTSIDE OF THE WOMB.—I have merely mentioned this case, in order that you may know what writers state in relation to it. For my own part, I have my doubts whether such a case ever did happen; yet, by reference to the theory of conception, you may perceive it is possible. The little ovum, of which I have informed you, may miss the tube which conveys it into the womb, and fall on the outside of the womb in the abdomen. Writers on this subject, affirm that such cases have been known; so rare are they, however, that they may be said, almost, not to be at all. In this we remark, the preservative care of that Omniscient Being, in whose hands the suffering woman ever remains.

SECTION 6.

CÆSARIAN OPERATION.—This is another case in which I mention merely for information. The operation consists in opening

the abdomen or belly of the woman, and removing the child, when relief can be had in no other way. History informs us, that the great Cæsar, of Rome, was taken from his mother in this way. The two Siamese Twins, which have been carried all over the world, are said to have been removed in this way. They are grown together; and have so remained. The operation, desperate as it may appear, has been performed several times in the United States, with success. One woman endured it twice, and yet lived.

SECTION 7.

BIRTH-PLACE TORN.—In some few instances, I have been called to relieve suffering woman torn at the birth-place. These cases were caused by the rashness of ignorant midwives. The remedy is to call a physician, well skilled, and have it sewed up. Such an accident possibly might happen, even under the management of skillful attendants. It, however, never has happened in any case where I have attended, during thirty years.

PART 9.

COMPLAINTS OF THE WOMB.

SECTION 1.

CHRONIC INFLAMMATION OF THE WOMB.—A slow and lingering inflammation of the womb, principally of the mouth of the womb, is occasionally a source of great distress to the child-bearing woman. It is known by a soreness in the lower part of the abdomen or belly, sickness of the stomach, and great tenderness and pain when the mouth of the womb is touched with the finger.

If this complaint be suffered to run on for a while, the woman soon becomes weakly, nervous, and hysterical. For the cure of this complaint, one of the calomel pills No. 1, may be taken every night, for three or four nights, and then the pill No. 2, taken one every night, and ten drops of the muriated tincture of iron, three times a day; while, if necessary, a wash of dog wood ooze, or of a solution of the sugar of lead, may be used in the birth-place, and poultice applied to the lower part of the stomach. By a continuance of these means, and sitting often in a tub of the ooze of white oak bark, relief may be had.

SECTION 2.

FALLING OF THE WOMB.—This is a very troublesome, and in some instances, a very distressing complaint. When only slight,

COMPLAINTS OF THE WOMB.

it is a matter of great inconvenience and uneasiness to the woman. When in its worst forms, however, the woman is compelled to keep her bed, while perhaps she endures a constant agony and distress. The complaint is known by a pressing weight, and a feeling of drawing or falling of the inward parts, with aching or pain about the back and loins.

CAUSES.—On women, who have not borne children, it is usually caused by cold, painful, or irregular menstruation, whites, general weakness, and the like. Child-bearing women, who have difficult and protracted labors, are liable to the complaint. The complaint may also be brought on them by rashness of the midwife, in pulling at the after-birth—imprudence of the woman herself, in rising from bed too early after her delivery—diseases of the courses, whites, or any complaint which causes great constitutional weakness.

TREATMENT.—When the complaint is only slight, a few purgative pills, taken regularly, so as to keep only a gentle, but regular action of the bowels—the regular use of the iron drops three times a day, together with a wash of some astringent tea, such as alum root, oak bark, persimmon bark, or a solution of the sugar of lead, used as a wash, on the parts, about milk warm, will generally be sufficient. When, however, the complaint assumes a more aggravated form, the first part of the treatment will consist in returning the womb to its place. This is a very simple operation, which may often be performed by the woman herself, by simply oiling the hands, and pressing back the womb with the fingers. There is no danger in the operation, provided no violence be used. The womb having been returned to its place, constitutional and strengthening medicines may be used, in conjunction with the wash above directed, or that which is better: a syringe may be used to throw the wash up the birth-place. A strengthening plaster may be applied to the back; and, if the womb will not keep its place, the woman must keep her bed, or

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an instrument called a pessory, must be used. The pessory is an instrument kept by physicians, of an oblong flat shape, with a hole in the middle. The gumelastic kind is probably the best. It is oiled and introduced flat way, till it passes up the birth-place above the bones—it is then turned across, with the flat side down, and made to rest upon the bones, where it supports the womb. There are some late inventions to support the womb, in a similar way.

When this complaint is confirmed by long standing, some support has to be worn altogether.

The falling of the womb is so great in some instances, as to be seen in the birth-place. When this is the case, great relief may be had by sitting in a vessel of milk-warm water, till the inflammation and swelling are reduced. The womb may then be returned, and an instrument used to support it, while the woman should be laid quietly on a bed or mattrass. One of the best contrivances is a role, or Tampoon, made of a soft silk handkerchief, properly rolled up, dipped in strong teas of oak bark, and pressed up, so as to support the womb.

SECTION 3.

DROPSY OF THE WOMB.—Some medical writers absolutely deny the possibility of this complaint. My own observation proves to my satisfaction, however, that dropsy of the womb, or dropsical enlargement of this organ, may, and does occasionally happen. I have no recollection, nevertheless, of but two cases in this State: both of these proved fatal.

The dropsical swelling resembles that enlargement of the womb and abdomen brought on by pregnancy. The symptoms marking pregnancy, however, are not present. The stomach is enlarged by the bulk of the womb inwardly; but, a close examination, by turning the woman from side to side, and especially, if pressure be made with the hands on the region of the womb, an erial of fluctuation be made by laying the woman on her back, with her

COMPLAINTS OF THE WOMB.

knees drawn up; then, placing one hand on one side of the abdomen, and gently pressing, or rather tapping with the other the opposite side—when, if it be dropsy of the womb, the water may be detected.

For the cure of this complaint, there is but little hope; and, consequently, we need offer no remedy.

SECTION 4.

POLYPUS OF THE WOMB.—This is a fleshy tumor, or ball, which has been known to grow out from the neck of the womb, on the inside of the birth-place. It is of very rare occurrence, and may be removed when discovered, by a skillful physician.

SECTION 5.

CANCER OF THE WOMB.—This complaint is also extremely rare, not being found scarcely once in an age. It may be known by the pain and tenderness in the womb; which, in some instances, is attended by hemorrhage or bleeding from the womb.

It has been cured in some instances by constitutional medicines, and a cautious application of Cancer medicine to the sore on the womb.

CERTIFICATES.

We, the undersigned, citizens of Huntsville, Arkansas, and vicinity, the most of us having been well and intimately acquainted with Dr. D. L. SAUNDERS, during his residence of nearly *twenty years*, in Huntsville—the remaining number, during our residence in said place—do most cheerfully certify, that we have had good opportunity of knowing the skill of Dr. SAUNDERS, in his profession generally, having employed him in our families; and, from our acquaintance, thus formed, we are well assured, that he is a physician whose extensive reading, science and skill, in his profession, *are very rarely equalled by any.*

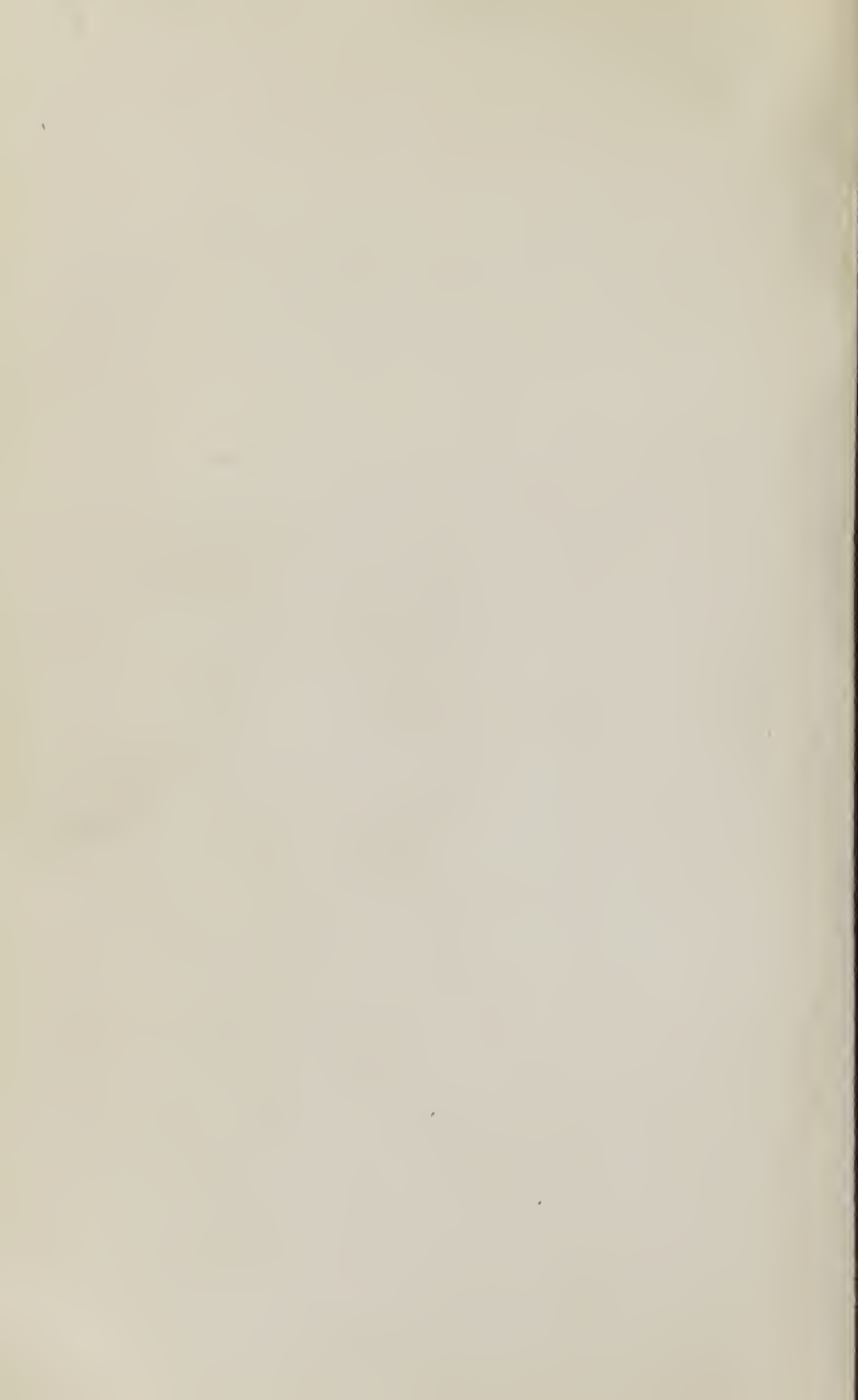
In the management of Female Afflictions, however, and the treatment and cure of all complaints of women, we confidently affirm, that he *excels any man known to us any where.* It has been proverbially repeated here for years, that SAUNDERS never failed to relieve in a single case of child-bed: and we are well satisfied, that he *never has failed during our acquaintance with him here,* and his practice has been very large and extensive, even to a distance of *forty and fifty miles!*

H. C. BERRY,
ABNER ADAMS,
W. M. BERRY, JR.,
J. J. McCONNELL,
T. H. SEAY,
ISAAC ANDERSON,
JOHN S. POLK,
C. B. SANDERS,
B. R. POLK,
S. E. KENNER,
E. C. VAUGHAN,
J. R. BERRY,
P. F. PAYNE,
S. R. SHEPHARD,
THOMAS D. BERRY,
THOMAS BATEMAN,
BENJ. VAUGHAN.

CERTIFICATES.

We, the undersigned, citizens of Carrollton, and vicinity, take pleasure in certifying that we have been personally acquainted with Dr. D. L. SAUNDERS, of Huntsville, Arkansas—some of us during his residence of nearly *twenty years*, in said place—the remaining number during our residence in this place. We have had good opportunity of knowing his professional business and success; and we sincerely affirm, that his extensive knowledge and scientific skill, in his profession, have been regarded by us, as of the first order in any country—and, in relation to his skill and success in the management of all Female cases, we cheerfully *admit him superior to any man known to us*. He has been often called here in different cases; and the saying is not only general, but true, that *Saunders never has failed to relieve in cases of child-bed!*

JOHN HAGGIN,
DR. B. HYMER, St. Louis, Mo.,
J. F. SEAMAN,
MAT HOLFORD,
D. M. HAGUE,
S. W. PEEL,
J. M. BERRY.



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